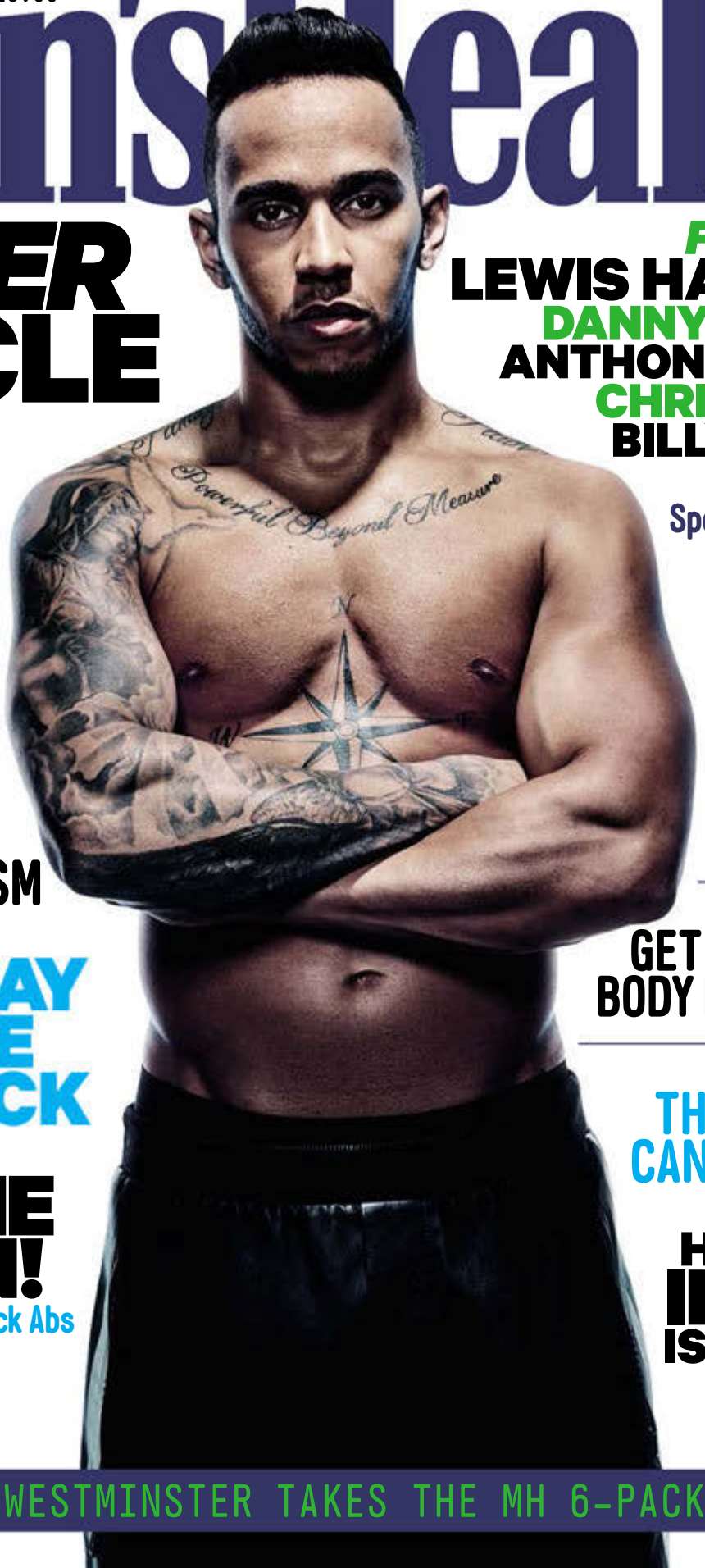
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DANNY WELBECK
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The UK's Fittest Sportsmen As You've Never Seen Them

HEALTH

BOOZEPROOF YOUR BRAIN

WEIGHTLOSS

GET SINGLE DIGIT BODY FAT IN WEEKS

PREVENTION

THE 5-SECOND CANCER SCREEN

HOW MANY INCHES IS ENOUGH?

LEWIS HAMILTON, 30, IS THE FORMULA 1 WORLD CHAMPION

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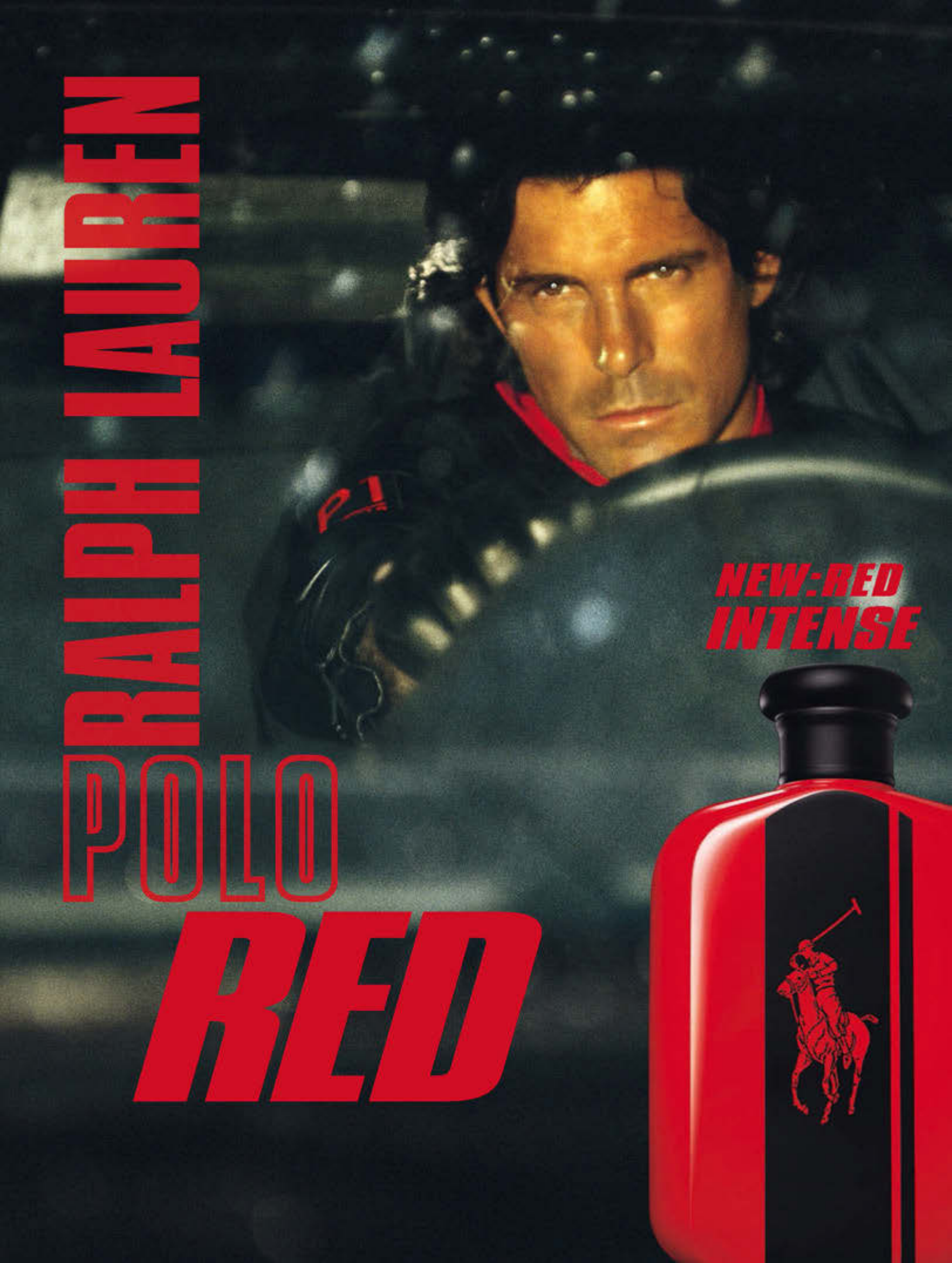







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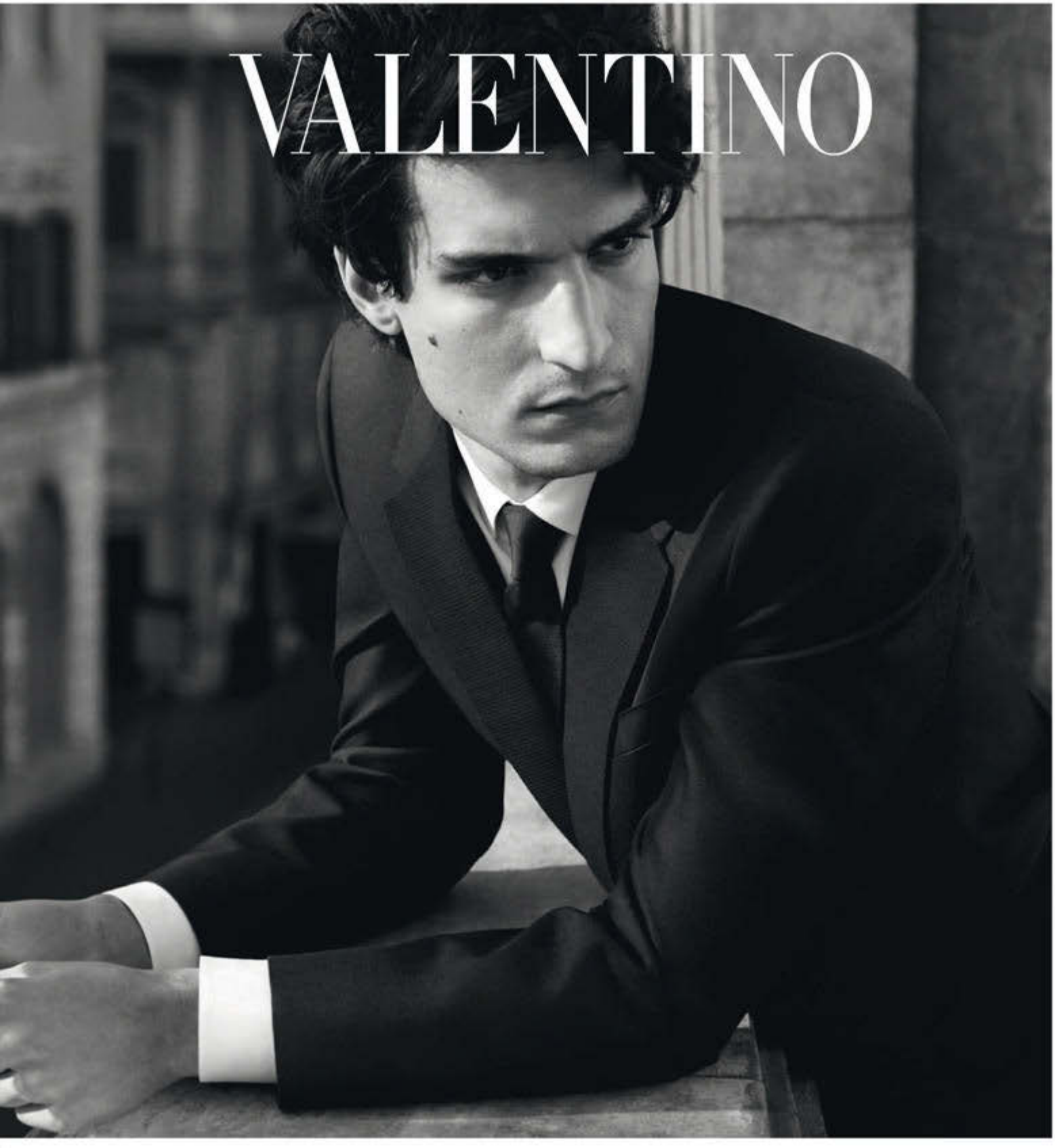
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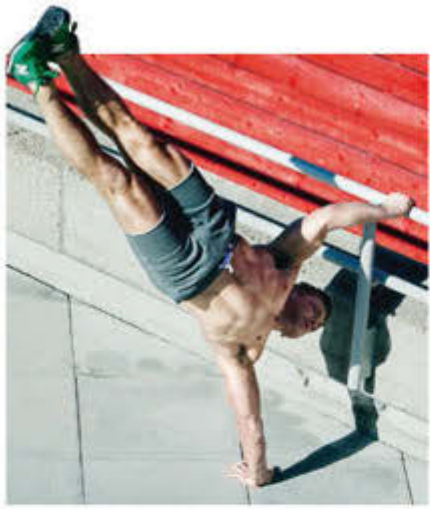


VALENTINO

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THE MASCULINE FRAGRANCE

05/15 THE BODY ISSUE



FITNESS

P110 BECOME YOUR BODY ICON
Our survey reveals what you've got – and what you covet. It's time to marry the two

P134 ENHANCE YOUR PECS' APPEAL
Put on a good front before beach season with our easy-to-follow 28-day plan

P142 FLY THE FLAG FOR A 6-PACK
Nail this showstopper move with our tips, then proudly display your body at full mast



NUTRITION

P33 A SEASONED PERFORMANCE
Don't ignore your salt RDA; you might be getting too *little*, says our devil's advocate

P57 GREAT MEALS FOR GOOD LOOKS
Erase signs of ageing and brush off winter with recipes to eat yourself handsome

P92 SNOUT-TO-TAIL HEALTH
Stay fit as a butcher's dog with our guide to selecting the best cut of meat for your goal



WOMEN & SEX

P27 FAN THE FLAMES OF PASSION
Try these 14 proven techniques to turn your embers into coital conflagration

P61 PLUG IN TO THE FUTURE OF SEX
A manual to using tech – visual, audible and tactile – to upgrade your love life

P98 DO YOU TRAIN LIKE A GIRL?
Or, more to the point, should you? One *MH* writer gets his sweat on with the fairer sex



HEALTH

P41 LOAD UP ON GUM POWER
Give this quick trick a shot to fire up your neurons and pop pressure in the office

P49 STEP BACK FROM THE BRINK
"Manxiety" may be a modern buzzword, but its effects are real. Your fightback starts here

P55 BEHIND THE SMOKE SCREEN
E-cigarettes are sparking national debate. *MH* consults the experts to clear the air



STYLE

P150 MAKE LIGHT WORK OF PACKING
Going away shouldn't be heavy going. Cut kilos with these take-off techniques

P158 TRY A NEW SPIN FOR SPRING
Nail down your look as the mercury rises by updating your wardrobe for S/S

P165 LIGHTWEIGHTS VS HEAVYWEIGHTS
Grooming products are not one-type-fits-all. Identify your personal weight category



WEIGHTLOSS

P23 SNATCH A TRIMMER PHYSIQUE
This two-in-one kettlebell move delivers a calorie clear-out to rival any form of cardio

P35 PUT YOUR LUNGS IN TRAINING
Why should your muscles do all the work? Unlock your lungs' fat-burning potential

P131 THE LEAN MAN'S MEATLOAF
This belter of a microwave meal packs 36g of protein and is ready to eat in minutes

(COVER) STYLIST'S ASSISTANT: SHARON AGRICOLE

IN THIS ISSUE

FLICK THE PAGE AND GET SWITCHED ON

A MONTH'S WORTH OF BRIGHT IDEAS, ON DEMAND

LIGHTBULB MOMENT

HOW CAN AN LED MAKE YOU THINK FASTER AND SLEEP SOUNDER? ALLOW US TO ILLUMINATE YOU ON P31



ON THE COVER

P24 BOOZEPROOF YOUR BRAIN
Take it on the rocks before a big night: the sauna has unexpected side effects

P39 6-LEGGED MEALS FOR A 6-PACK
Cricket can help you build a fitter body for summer. We don't mean the sport...

P47 YOUR GYM-FREE BODY HACK
This simple trick buys you a week off from working out – with zero losses

P67 THE 5-SEC CANCER SCREEN
Get the lowdown on testicular cancer to spot the signs and stop it sooner

P72 THE BODY ISSUE 2015
Men's Health teamed up with some of the UK's finest sportsmen to take the true measure of a modern-day athlete

P104 MH CHALLENGES WESTMINSTER
Three MPs pledge to transform their bodies. But can they handle the cuts?

P170 HOW MANY INCHES IS ENOUGH?
Science reveals what she *really* wants in bed. The answer might surprise you

COVER CREDITS
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GROOMING YUKO USING MAC
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CORRECTION

WE FEATURED A GILBERT RUGBY BALL ON THE COVER OF AND INSIDE OUR MARCH ISSUE. RIGHTS IN THE GILBERT NAME AND BRANDING (WHICH WERE REMOVED FROM THE IMAGES), THE DESIGN OF THE BALL, INCLUDING BUT NOT LIMITED TO THE USE OF OVAL TRIMS, ARE REGISTERED AND OWNED BY GRAYS OF CAMBRIDGE (INTERNATIONAL) LTD

THE EXPERT PANEL

MEET SIX OF THE FIELD-LEADING PROS CHARGED TO GUARD YOUR MOST VALUABLE POSSESSION FOR MH'S BODY ISSUE



CATCH THE BUGS

DR ARNOLD VAN HUIS

Forget grass-fed beef – grasshoppers are the protein *du jour*. Van Huis explains why bugs are worth biting into p39



GET PRIVATE CARE

DR CLARE TURNBULL

Testicular cancer may be on the rise, but senior researcher Turnbull's lowdown will arm you in the fight against it p67



TRAIN LIKE A GIRL

NIKI REIN

Can a "women's" workout make a man of you yet? The creator of Barrecore explains why ballet keeps your 6-pack en pointe p98



KICK BACK FOR ABS

COEL FULTON

PT Fulton shows you how to spike your whey shake with natural supplements to make your muscular gains holiday-proof p47



BECOME MAN 2.0

JAMES CONCI-MITCHELL

Our fitness pro analysed *MH*'s reader survey to see how the figures stack up. Your workout might not work, but he can help p112



CLEAR THE SMOKE

PROF PETER HAJEK

When you're quitting the sticks, the facts can seem hazy. Researcher Hajek strikes a light on what we know of e-cigarettes p55

THIS ISSUE IS BROUGHT TO YOU BY...

12 PERSONAL TRAINERS	**3** BRAIN SCIENTISTS
11 WORLD-CLASS ATHLETES	**2** CANCER RESEARCHERS
11 STYLE AUTHORITIES	**2** DOCTORS
7 LEADING NUTRITIONISTS	**2** DERMATOLOGISTS
3 PROFESSIONAL CHEFS	**1** ADDICTION PROFESSOR
3 SPORTS DIETITIANS	**1** SEX CONSULTANT
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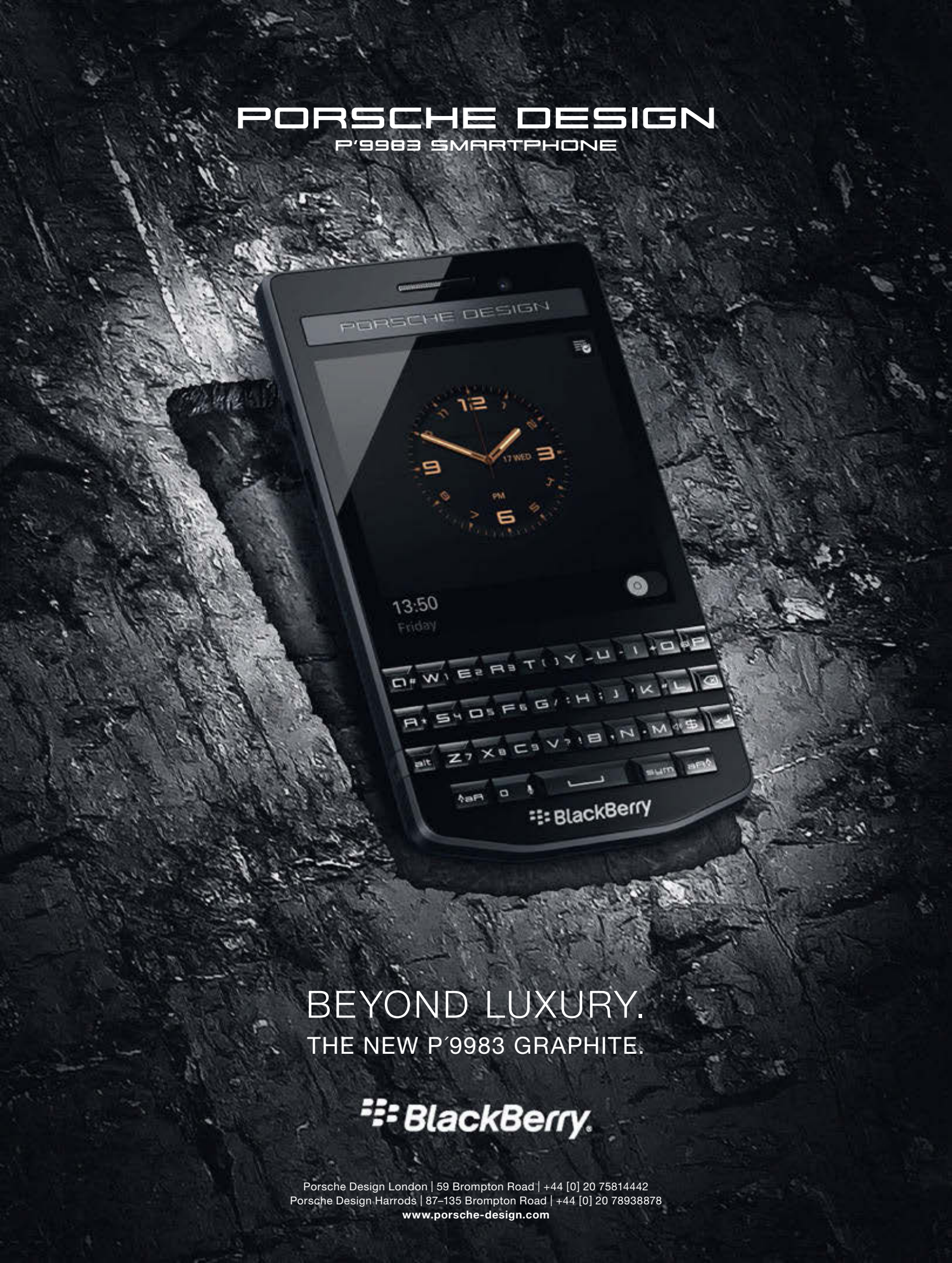
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EDITOR'S LETTER

THE MAKINGS OF A MAN, SECTION BY SECTION

PAGE 49

Life's a beach – if you don't bury yourself in stress and anxiety. Here's your bucket and spade





Your cure-all is in the fridge. We redraw the rules of nose-to-tail healthy eating

PAGE 92

PAGE 98

We gender-swapped with the slighter sex for a workout that gives you the right kind of 'body pump'





PAGE 72

We discover the surprising makings of the world's fittest sportsmen from all disciplines



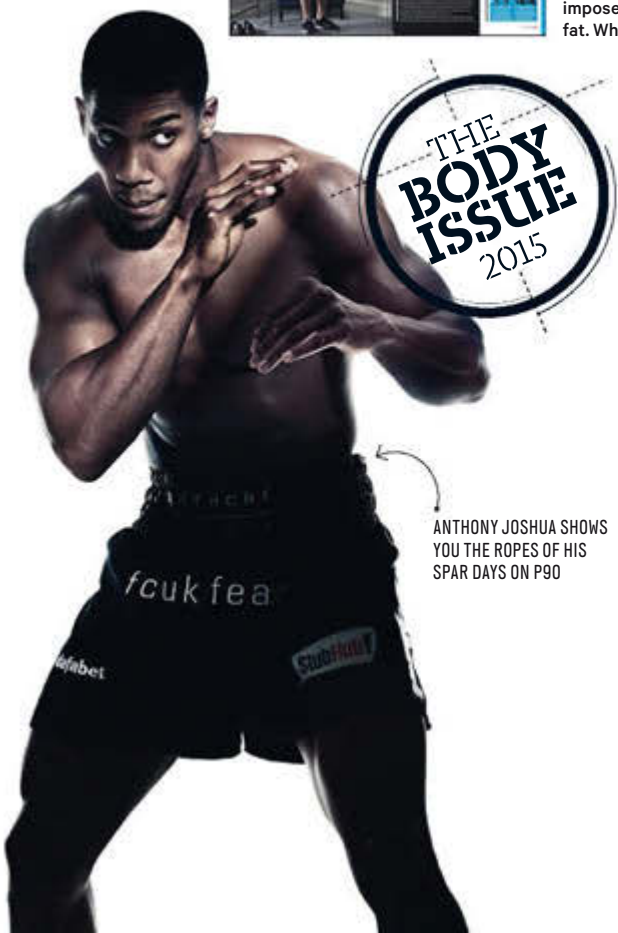
PAGE 104

Three MPs go head-to-head before the election while we impose cuts on their body fat. Who deserves your vote?



PAGE 110

From how you rate yourself in bed, to whether you can touch your toes: here's Man 2015 by the numbers



ANTHONY JOSHUA SHOWS YOU THE ROPES OF HIS SPAR DAYS ON P90

What is the perfect body? Though the easy answer is "not what I saw when I looked in the mirror this morning", we at *Men's Health* feel duty bound to give it some slightly more serious consideration. Is it maximum muscle we're striving for, that elusive six-pack, or the classic V-shaped back? The answer is both none and all of these.

The perfect body isn't a one-size-fits-all affair. It's bespoke to you, and nipped and tucked to how you need to perform. Take our cover star Lewis Hamilton: racing drivers aren't commonly thought of as performance athletes, but withstanding the demands of a Grand Prix asks for a lot of strength and endurance to be packed into a low bodyweight. The double F1 World Champion stars in our Body portfolio, where we speak to 10 sporting heroes with different shapes and needs.

Discover how the punching power of boxer Anthony Joshua, the agility of footballer Danny Welbeck and the awesome physical and mental strength of paralympian weightlifter Mickey Yule stack up against each other on p72.

Elsewhere we've got a plethora of training plans and nutrition tips to pick and mix to match your own goals, but we also wanted to remind you that a healthy body means the inside as well. We're excited to have been talking to Prostate Cancer UK's Men United campaign this month, and we hope to have an ongoing partnership to discuss vital health issues over the next few months.

Ultimately the perfect body is yours, because it's the only one you get. Look after it, nurture it but don't be afraid to use it. It's there to be enjoyed.

TOBY WISEMAN
BSME EDITOR OF THE YEAR

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ASK MH

PRESSING ISSUE? DON'T LET FEAR CRUSH YOU

THE BIG QUESTION



Q DO COLD-PRESSED JUICES REALLY COUNT AS MY FIVE-A-DAY?

LIAM, ESSEX

Once the preserve of trend-aware sipsters and ladies who lunge, green juices have cemented their place in the mainstream with an entire industry built on the promise of liquid panacea. And while it's true that you *can* get a bunch of your RDAs from juice, it takes more than popping a bottle or two to rack them up – and a juice-centric diet is not something *MH* prescribes. Though cold-pressing preserves more nutrients than other juicing methods, it still removes the all-important fibre, which you require in order to put a cap on blood-sugar spikes (the bit you should be worried about). Fibre is what stops your liver from turning that sugar into fat, and where there is fruit there will always be sugar. However, you can soften the comedown by combining your drink with low-GI, high-protein foods to slow digestion, says Oliver Barnett of the London Clinic of Nutrition. A chaser of raw nuts, hard-boiled eggs or cheese will take the heat off your liver. Alternatively, opting for flaxseeds as an extra ingredient when you're at the juice bar will work too. When it comes to juicing, eating is most definitely not cheating.



SIP OR SKIP?

Dodge the following pulp pitfalls to wring more from your juicing habit

SKIP SUPERFRUITS

Most health claims strapped to "exotic" fruit drinks don't hold water. It's likely that any rarer ingredients will be cut with cheaper juice like apple.

SIP GREEN

As with most things, green is good. Veg give you a hit of energy-boosting chlorophyll. **Try splicing them with nettles** for an extra pump of iron.

SKIP SHOP-BOUGHT

On average, supermarket juices contain a third of the fresh produce that a similar drink from a juice bar will. It's worth spending extra.

WORDS: EMILY BADIOZZAMAN, JON AXWORTHY | PHOTOGRAPHY: ROWAN FEE

ASK MH

LET US TRIM AWAY THE HOKUM AND REVEAL THE FACTS

Q DOES SITTING DOWN ALL DAY UNDO THE BENEFIT OF MY MORNING WORKOUT?

ELLIOT, BRISTOL

You already know that a sedentary lifestyle can inch you closer to 6ft under, especially if your desk chair sees more action than you do. But the good news is that, when it comes to gaining muscle, a six-to-seven-hour rest period (though your boss would rather you call it work) after a session is actually a good thing. Multi-joint exercises require longer recovery times than smaller moves, says exercise scientist Jonathan Mike, which means an hour spent on deadlifts and squats before 9am can turn the negative effects of sitting into a plus. To ensure your gains aren't squashed when you sit, do resistance moves at 65% of your 10-rep max, keeping reps as slow as possible – then build size from your seat. All in a day's work.

WORKPLACE WEIGHTLOSS

Your gains may be covered by your morning workout, but your fatburning can slow. Keep your furnace firing from 9-5



SPEED UP

By increasing your walking speed by just 2mph on the way into work, you can burn 50kcal a day, the Mayo Clinic says. That'll buy you an extra rasher of bacon.



BE 'NEAT'

Non-Exercise Activity Thermo-genesis is all the small movements you do without realising (AKA fidgeting). It can treble your kcal burn per minute.



GO RAW

Stick sashimi on your lunch menu. Raw fish has a highly thermal effect, the Uni of Milan says, so your body uses more kcal trying to digest it.



Q A DECADE OF FIVE-A-SIDE HAS LEFT ME WITH MANGLED FEET. HOW CAN I PREEN THEM IN TIME FOR SUMMER?

RAMONE, BIRMINGHAM

Your first step is to put men behind the ball, by which we mean play defensively. Most issues stem from micro-trauma, where overly fervent opponents stamp on your goal scorers. This causes bleeding, then infections under your nails, says Marion Yau, consultant podiatrist at the Harley Street Clinic. Invest in boots with extra padding on the top (Puma evoPower Tricks £145*) and pair with moisture-wicking acrylic socks (Thorlos £12*) to tackle sweat: a breeding ground for infections. If your nails are looking thicker and yellower, chances are it's psoriasis, says Yau. Use a cotton pad to dab your toes with apple cider vinegar and rinse half an hour later for a few weeks to see a sharp turnaround. When it comes to Athlete's foot, take the game to the opponent by lowering your sugar intake – yeast feasts on the stuff. Come summer time, you'll be able to put your best foot forward.

AM I NORMAL?

Q WHEN I DRINK ALCOHOL, I FLARE UP. OR RATHER MY SKIN DOES. AM I ALLERGIC?

BEAU, CHICHESTER

We don't often say this, but try swapping your glass of red for a beer. Histamine is one likely cause of your redness, and wine packs more. Wheat beer's your top bet: it's higher in brewer's yeast – a sure sign of low histamine, says the American Society of Brewing Chemists. And don't worry, your reaction to drink is natural. Acetaldehyde, a by-product of alcohol, is broken down less efficiently in some people. This toxin causes a 'flush', says dermatologist Matthew Gass. Just order a Hoegaarden and go with the glow.

DOES IT WORK?

Q I'VE HEARD THAT CHEMICAL-FREE PANS ARE HEALTHIER. ARE THEY WORTH THE INVESTMENT?

MICHAEL, CARDIFF



We'll lift the lid on this one: no. Non-stick synthetic coatings can omit toxic gas at high temperatures – hence the buzz over 'green' pans – but the research is half-baked at best. Plus the coating on the so-called eco-ware contains silicone, which is known to melt at temperatures that barely char a steak. To take the heat off, opt for cast iron or stainless steel pots. They're more biocompatible, says Prof Michael Preuss, a materials researcher. That's one way to ironclad your health.

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AGENDA



03
WHY MAPLE WILL SAVE YOUR BACON
page 24



14
TRY OUR PROTEIN BUG MAC
page 39



15 SPRINGTIME UPGRADES



01
SMASH YOUR FAT-LOSS CEILING
page 23

09
SHAKE UP HEART HEALTH
page 33

06
FRESH SLICED MIGHT
page 28





10
BREATHE NEW LIFE INTO CARDIO HABITS
page 35

MAY 2015



13
THE FITTEST WOMEN ON INSTAGRAM
page 36


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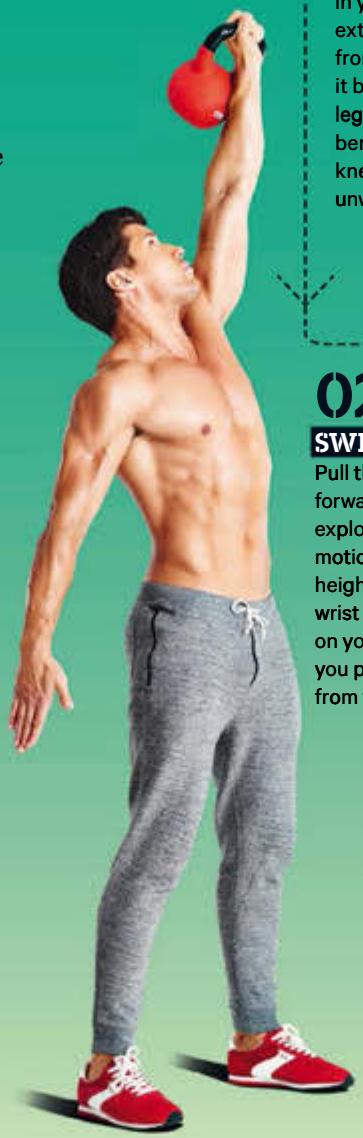
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THE BEST EXERCISE YOU'RE NOT DOING

SWING WHEN YOU'RE WINNING

Revolutionise your gym routine with the **KETTLEBELL SNATCH AND WINDMILL** and deliver double the metabolic hit of 15 minutes of cardio

Regular readers will know that we rate the kettlebell **as one of your closest allies** when it comes to fighting the war against flab. That's partly **down to its mass: your muscles have** to work harder in order to react to the changing centre of gravity. But the real key to unlocking the kettlebell's true potential – as **well as your midriff's – is to employ** a combination of moves that will target your entire body; that way, the accumulative workload will result in an equal accumulation of ousted calories. Combine the explosive power of a compound lift, such as the snatch, with the ab-activation of the windmill and you will have a move that covers all the metabolic bases. It'll improve essential core stability and functional strength, so your performance levels won't flag when your team goes for broke in the closing matches of this year's campaign. That, and you'll still be unlocking the double-whammy of more muscle and less **body fat. It's time to forget the half measures of your standard workout** and go for the double.





01
SET UP
With a kettlebell in your left hand, extend your arm in front, then swing it between your legs. Remember to bend slightly at the knees to avoid an unwanted collision.

02
SWING UP
Pull the kettlebell forward and up in an explosive but fluid motion. At chest height, flick your wrist so the KB rests on your forearm as you punch upward from the shoulder.



03
REACH OUT
With your left arm high, push your hips out to the left while you slide your right arm downward. You'll feel your core working overtime to stabilise you.

04
ROUND OUT
Pause, slide back up and let the kettlebell down. That's 1. Try this as a ladder: do 1 rep each side, then 2, 3, 4 up to 2 full ladders after the bell tolls.

WHAT YOU'LL GAIN > A CALORIE CLEAR-OUT + GAME-CHANGING CORE STRENGTH + KILLER BROAD SHOULDERS + A GOOD BASE FOR THIS YEAR'S BEACH BODY

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DEEP HEAT FOR THE BRAIN

Think saunas are all hot air? Science disagrees. Hot rocks will do wonders for your head, as well as your limbs



For most men the sauna is a refuge employed either to nurse a hangover or to convince yourself you've done a full hour at the gym. But new research suggests there's more to sweatboxes than swerving supersets. Combining exercise with heat treatment produces a protein called BDNF, reports *Neuroscience Letters*. This acts like armour for your brain, reversing damage and building neurons – great news for the sportsman in you, be it playing field or barroom.

Whether your Sundays are filled with spear tackles or beer festivals, your brain will benefit from this protection: start with 5 to 10-minute sweats, then build up to a full 20 minutes. Use the tips below to get hot above the collar and hit your session worry-free.

HOME IS WHERE THE HEAT IS...

For those of us not invested in a Scandi timeshare



IMITATION GAME

Run a scalding shower, lay towels at the door and draw the shower curtain. Spend 10min leaning over the water inhaling steam.

BAG IT UP

Used by Rocky et al to shed weight before a bout, PVC overalls raise core temp. Wear a sauna suit* while doing chores to sweat it out at home.

CATCH SOME RAYS

For less than the price of a gym membership, you can bring home the best bit. Unpack a pop-up infrared sauna* in your bedroom.

HEALTH NEWSFEED 05.2015

DRUGS TEST

HEART HEALTH SUPPLEMENTS

Have a change of heart meds with our rundown of which cardio-supporting pills to invest in and which to swerve

FALLING IN LOVE

GARLIC EXTRACT

Popped as a pill or piled into your next bolognese, this vampire killer takes a 5.5% bite out of your systolic blood pressure, says the *American Journal of Clinical Nutrition*. This dramatically drains your risk of suffering heart failure.

VITAMIN B3

One of the most effective supps for supercharging good cholesterol. *Hormone and Metabolic Research* journal found B3 hypes up your HDL by 17%. Your chances of heart disease will drop accordingly.

ARGININE

Although the amino acid has been linked with a reduction in blood pressure, a *British Journal of Pharmacology* study deemed it ineffective as an oral supplementation. The alternative: intravenous. A bit much, we reckon.

UNDER ARREST

L-CARNITINE

Researchers in China and the US have tried to link this to a drop in overall cholesterol, but results are inconclusive. Instead, use it pre-gym to increase muscular strength – a study-backed benefit.

Mental fatigue negatively impacts your life *Journal of Applied Physiology*

THE BEST FOOD YOU'RE NOT EATING

#5 MAPLE SYRUP



A fast-acting source of energy that's loaded with cancer-fighting antioxidants, this sweet syrup is dripping with benefits for your body. Get stuck in

01 STICKY ISSUE
Sugary treats aren't synonymous with tackling type 2, but syrup increases insulin sensitivity, lowering your risk of diabetes. Add blueberries to your pancakes and compound its effects.

02 ENERGY SAUCE
A spoonful of syrup is full of simple carbs that are converted quickly into sugars to recharge your muscles. Pour into your shake for a sugary protein partner that'll put an end to your DOMS.

03 SYRUP CLEANSE
Oozing with 54 antioxidants – five of which are unique to maple – this is an anti-cancer condiment par excellence. An extra glug allows you to devour bacon (almost) guilt-free, too.

*EVERLAST SAUNA SUIT £16 ARGOS.CO.UK; PORTABLE SAUNA £199 | WORDS: EDWARD LANE | ILLUSTRATION: PETER CROWTHER | ADDITIONAL PHOTOGRAPHY: GETTY

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HIGHER FIDELITY

If that lovin' feeling has been faltering of late, take an admiring glance at these 14 ways to strengthen your bond and fan the flames of passion



IF YOU BELIEVE IT'S A GREAT MATCH, DON'T LET THE SPARK DIE

01 GIVE BARE HUGS

Deploy your PDAs wisely for optimum impact. Women rate grasps highest as a way to express affection, Brigham Young found. And get them in early: an AM hug inoculates against stress, lowering your BP for hours after you part.

02 CURB HANGER

If you plan to broach a tough subject on date night, for god's sake wait until after the bread basket has arrived. An Ohio State Uni study found couples are less reasonable when their blood sugar is low. Make lunch, not war.

03 GET OUT OF BED

Find a sitter for the kids/cat/your static housemate. The Uni of Montreal found 82% of women fantasise about sex in an unconventional location, making finding her hot spot crucial. Plus that adrenaline rush lingers as an aphrodisiac for weeks afterward.

04 NEVER GUESS

Before you blow half a month's wages on the Mulberry bag she yearns for, know that gratitude doesn't increase with outlay*. Instead, buying an 'experience', such as gig tickets, is proven to impress. Material surprises can be surprisingly poorly received.

05 TAKE TWENTY

This is how many minutes it takes for biological stress markers to stabilise after conflict. Set your mental timer and excuse yourself. Returning home with the caution of a bomb-disposal expert is no longer required.

06 TUNE IT OUT

Throw some (Johnny) Cash at her while discussing your spending habits. Emotional music bumps up her 'bonding hormone' oxytocin by 20%. A study in *Psychological Science* found this heightens trust between partners when making financial decisions, reducing the odds of dispute.

07 SCARE HER

No, not by leaping out from behind a door. Take her jet-skiing or climbing. A shared, sweaty-palmed cortisol surge mimics the early stages of sexual attraction, making couples feel closer, according to Claremont Graduate Uni.

08 LET HER LIE

Women are more affected by missed sleep than you, found the Sleep Council – one bad night makes them irritable for hours. A tyrosine-rich diet can reduce the effect, so ensure salmon and eggs are on the breakfast menu.

09 DISH UP DIRT

Unsure when to file a filthy request? Keep pre-coital chat clean and save x-rated ideas until after the act. A study in *Communication Monographs* found that orgasms increase openness, making a positive response considerably more likely.

10 GET EMOJINAL

Similar writing styles are a key predictor of long-term compatibility*. Whether her well-punctuated texts test your phone's dictionary function or her emails are *omg enthusiastic!*, respond in kind for a better reply.

11 JUST. GO. AWAY.

It's true what they say about absence, though the benefits extend well beyond the heart. Couples who spend a night apart every month have twice as much sex as those who don't. Girls' weekend? Well, what's good for the goose...

SWEAT TOGETHER, STAY TOGETHER

Couples' workouts that ensure you go the distance

WHY NOT TRI IT?
Your odds of sticking to a fitness plan when training *à deux* are 90%. A shared goal takes you further.

MAKE A RACQUET
A sporting victory will give her a 20% spike in testosterone, which lifts libido. Love-love? You both win this round.

PUT ON WEIGHTS
Strength training for just 12 weeks boosts women's body image, and therefore sexual satisfaction. Pick it up.

WORDS: SCARLETT WRENCH, ROXY ROCKS-ENGELMAN | *SOURCES: THE JOURNAL OF EXPERIMENTAL & SOCIAL PSYCHOLOGY, PSYCHOLOGICAL SCIENCE | ILLUSTRATION: PETER CROWTHER

The Health Snob's Guide To PICKLING

It's time to clear out the vinegar jars from the back of your cupboard. Acid wash your foodstuffs for nutrients that'll both preserve your health and speed-up training gains



A HEALTHY **SEAL** OF APPROVAL

01 Drop The Right Acid

Pickled snacks have a dubious rep. But only a jarhead would banish this delicious preserving method from their culinary and nutritional repertoire. With the right prep and ingredient know-how, you can transform this British pub mainstay. First, pick the right liquor: a pickle's potency is all in the vinegar and its benefits are determined by the bath your onion soaks in. Used correctly, acidity can lift a dish and sharpen flavours, says Iain Pennington, chef and co-author of *The Ethicurean Cookbook* – not to mention the good it does your innards. Bring acid into your house...



i) PERSTORP ATTIKA

At 24% acidity, this Swedish vinegar's too strong to slosh on neat; anything over 10% risks burning your veg (and your hands). "The dilution stage leaves a lot of room for creativity," says Pennington, who infuses his pickles with sugars and spices. And it's all things nice for your BP: the acetic acid cuts renin activity, which slashes your stroke risk. Less so if you pour it on chips.



ii) CHAMPAGNE VINEGAR

Flattened fizz means more polyphenols than ordinary white wine vinegar. This translates into an antioxidant payload. It's also sweeter and less overpowering than standard wine vinegars, so works well with fruits and beetroot, says Andy McFadden, head chef at L'Autre Pied. Unbottling it with a sabre is optional.



iii) APPLE CIDER VINEGAR

Like scrumpy, cider vinegar offers up an array of health-boosting enzymes. Unlike the booze, it's rich in pectin, which supports gut bacteria for improved digestion. Your liver will appreciate the difference too. "It also contains the 'mother', a symbiotic colony of bacteria and yeast beneficial to your gut," says Pennington.

02 Suck It And See

Hipsters take note: smart pickling is about transforming dishes that can be eaten tonight, not preserving last year's urban marrow harvest. Pickling veg whole normally demands a tongue-curling dose of salt to draw out the water, but slicing it finely on a **Kitchen Craft Master Class Mandoline (£40 betterequipped.co.uk)** prevents liquid leakage and eliminates the need for salt. And forget the jars for now – go for a vacuum sealer such as the **Automated FoodSaver (£160 lakeland.co.uk)**. "It tenderises without cooking," McFadden says, and preserves antioxidants that a study in *Food and Chemical Toxicology* found are destroyed by heat. Or you can achieve a similar effect by freezing for five hours then leaving to thaw.

WORDS: TOM BANHAM | PHOTOGRAPHY: LOUISA PARRY | FOOD STYLING: JACK SARGESON | PERSTORP ATTIKA, TOTALLYSWEDISH.COM; CHAMPAGNE AND APPLE CIDER VINEGAR, SOUSCHEF.CO.UK; PICKLE FORK, LAKELAND.CO.UK | [1] UNIVERSITY OF BARI; [2] LUND UNIVERSITY, SWEDEN

03 Hold Your Liquor

For primo pickling liquor, pimp your juice. "Look for complementary herbs and spices and add liberally," says McFadden. "Classic combos work best; think carrots and coriander; fish and dill." Simply bring to the boil then leave to cool. "If you pour it on hot then you'll cook whatever you're preserving."

FOUR RECIPES THAT ARE WORTH PRESERVING





NEVER AIL WITH QUAIL'S EGGS

INGREDIENTS
- Raw quail's eggs, 20

FOR THE LIQUOR
- Champagne vinegar, 500ml
- Water, 250ml
- Sugar, 135g
- Salt, 2tsp
- Black, white and pink peppercorns, pinch of each
- Mustard seeds, pinch
- Celery seeds, pinch
- Fennel seeds, pinch

PICKLE IT

Boil and cool the liquor then add the eggs. After 12hr, drain the eggs and add to 62°C water. Cook for 15min and guzzle hot or cold for a fast flu-fighting pick-me-up.

Time 13hr



MAKE CANCER A RED HERRING

INGREDIENTS
- Herring fillets, 5
- Champagne vinegar, 2tbsp

FOR THE LIQUOR
- Water, 200ml
- White wine, small glass
- Champagne vinegar, 25ml
- White sugar, 2tbsp
- Onion, sliced thinly
- Bay leaves, 4
- White peppercorns, 1tbsp
- Mustard seeds, 1tsp

PICKLE IT

Place fillets in a jar. Prep the liquor then pour in 2tbsp of vinegar. The selenium in the mustard seeds keeps your gut cancer-free, so when the flesh whitens, devour heartily.

Time 6hr



HUNGER-SMASHING APPLES

INGREDIENTS
- Bramley apples, 2, finely sliced
- Salt, 1tsp

FOR THE LIQUOR
- Perstorp Attika vinegar, 50ml
- Muscovoado sugar, 100g
- A star anise
- A clove
- Fennel seeds, 2tsp

PICKLE IT

Cover the apple in the salt, leave for 2hr and drain. Mix the vinegar, sugar and 150ml water in a pan, whisk and boil. Remove from heat and add spices. Cover with lid and allow to cool. Leave the apples in the liquid for 24hr and munch to enjoy pectin's appetite-suppressing benefits.

Time 27hr



DIABETES-SHIRKING GHERKINS

INGREDIENTS
- Cucumbers, 3
- Fresh dill, handful

FOR THE LIQUOR
- Apple cider vinegar, 350ml
- Water, 150ml
- Sugar, 80g
- Salt, 1tsp
- Black peppercorns, pinch
- Caraway seeds, pinch

PICKLE IT

Slice the cucumbers thinly. Layer with dill in a vacuum bag, pour in your liquor, seal and refrigerate for 48hr. Serve atop your cheat-day cheeseburger; the vinegar's acetic acid slows down the blood-sugar spike from the carbs in the bun. And the ketchup. And the fries.

Time 48hr

BREAD OF HEAVEN

Pub snacks these ain't. The culinary and curative properties of your pickles are best deployed throughout the day on these loaves, not washed down after work with a pint.



SOURDOUGH

Fermentation is your friend. Here it quadruples levels of the cancer-preventing peptide lunasin.[1] Eat with quail's eggs at breakfast.



RYE

It lowers cholesterol and improves insulin sensitivity, according to research.[2] Enjoy with cucumber at lunchtime.



BAGEL

Bagels are high-GI – bad news at breakfast, but smear with herring and guzzle post-workout for a piquant dose of muscle medicine.



FOCACCIA

Made with olive oil, it's good for your heart plus healthy fats stop pre-bed carb binges. Pair with pickled foods to see off strokes.

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Unleash your brain's true power with a colour LED to boost creativity or fall fast asleep – in a flash



01/ GO GREEN TO FIRE UP THE GREY CELLS

Plug in to solve your problems. People exposed to green light before creativity assessments scored higher than those who were exposed to other colours, say German researchers. The Philips Hue can give you a few shades of green, but cheaper versions work too. Change colour to prep for that lightbulb moment.

PLUG IN Creativity peaks in the afternoon, so opt for this for your post-lunch problem solving.

Crompton green bulb £2 lightbulbs-direct.com

02/ WAKE UP WITH THE BLUES

Natural sunlight delivers blue hues that suppress sleep hormones, says Dr Tracy Bedrosian, a post-doctoral fellow at the Salk Institute, California. And in a Swiss study, blue-tinged light helped men react faster and feel more alert. Use a subtle tone rather than a deep blue, which doesn't seem to have quite as powerful an effect.

PLUG IN Use for 15min just before work and repeat at lunchtime – but never at night.

Lumie SAD blue light £100 lumie.com

03/ SEE RED TO WIND DOWN FAST

Before man had indoor lights, we had the setting sun's red tones, which stimulate sleep hormones and help us wind down. You probably don't live in a cave, so fake it: set changeable bulbs to adjust gradually, says Dr Richard Hansler, director of the Lighting Innovations Institute at John Carroll University, Ohio.

PLUG IN Set a multi-hue bulb to a low light 120min before bed and keep it near you until lights out.

Philips Friends of Hue Table Lamp £50 pcworld.co.uk

04/ DE-STRESS WITH A MELLOW YELLOW

Suffering from stress? There's a lamp for that. The colour between sleepy red and energising blue is ideal for unwinding, says Dr Sally Augustin, of psychology consultancy Design with Science. And it could help relationships: people get along better in golden-white light, she says. We'll leave smuggling the yellow bulbs into your boss's office up to you.

PLUG IN Double-time your wind-down by going yellow for 20min straight after work.

Philips Hue Lux Starter Kit £80 amazon.co.uk

50%

THE SLEEP HORMONE MELATONIN IS HALVED IF YOU USE YOUR PHONE BEFORE BED. COMBAT IT WITH RED LIGHT

WORDS: ALEX HARRIS | PHOTOGRAPHY: MITCH PAYNE | PROP DESIGNER: TOM ASHTON-BOOTH | HUE PERSONAL WIRELESS LIGHTING £180 PHILIPS.CO.UK



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WHY SALT IS SWEET FOR YOUR HEART

Don't sweat the scare stories, this nutritional bête noire is whiter than white. Rubbing salt in the wound can save your life



PUMP UP THE VOLUME ON YOUR SALT SHAKER

THE DEVIL'S ADVOCATE

Pay too much attention to the nutritional tenets handed down by government and you'll do your body a disservice. Unless you're unfortunate enough to be Britain's generic gentleman (81.9kg on a 175cm frame, with a GP-bothering BMI of 26.2), the 6g per day guidelines just don't apply. They're for the guy whose arteries pack the pressure of a fireman's hose. Active males adopting a similar approach are risking harm to everything from their PBs to their life expectancy. 1

The nutritional dogma stating that too much salt means a one-way ticket to coronary lock-up is based on old science and lazy assumption. The reasoning goes that oversalting your blood draws in water, increasing the pressure and the strain on your heart and arteries. But even if you're already hypertensive, it seems that logic's not quite as solid as five decades of health guidelines might imply.

First, some chemistry. Salt is a combo of two things: sodium and chloride. Put bluntly, a lack of the former is lethal, because fluids can't move around your body. Your nerves don't fire properly. Your muscles won't contract. The importance of the latter has only recently been discovered: a group of Scottish scientists warn that a lack of chloride can pose a far more deadly cardiovascular danger. 2

> "For years we've been putting the blame on the wrong white stuff. Sugar is the culprit"

If you find that unsavoury, consider this: recent research has discovered that a low-salt diet could actually increase your risk of heart disease, heart attacks and high BP. 3

Though that study was published in as esteemed an organ as *The Journal of the American Medical Association*, doctors were quick to criticise its methodology as it only tracked relatively young Europeans who didn't already have high blood pressure or cardiovascular disease – does that sound like anyone you know?

The fact is we've been blaming our bursting veins on the wrong white powder. According to an analysis in the journal *Open Heart*, it's added sugar that is the culprit behind the fact that cardiovascular disease remains our biggest killer.

It's easy to understand why sodium's been branded the bad guy, though. Almost three-quarters of our daily intake comes from processed food, according to the Food Standards Agency, meals that are also laden with those known blood-pressure spikers sugar and trans fats.

So, rather than worrying about ducking your RDAs, perhaps it's wiser just to focus on swapping the processed junk for cooked-from-scratch meals that will keep your blood pressure where it should be. And if you need to coat that steak in sea salt and give your kale an extra couple of cranks of the grinder to make it palatable, then you can take the disapproving looks of your dining partners with a big pinch of scepticism.



THIS MONTH'S DEVIL'S ADVOCATE
Alex Ferentinos cuts away the sinew of food science and delivers prime cuts of information. And when it comes to dinner, he never passes on the salt

DEALS WITH THE DEVIL



1 SAUCE IT UP
If your sweat stings your eyes or makes your skin feel gritty, you're a 'salty sweater'. Being extra generous with the soy will help you stay properly hydrated.



2 DRINK IT IN
Supplement your post-workout drink with Elete add-in (£7 amazon.co.uk), for its dose of magnesium and potassium, alongside the sodium chloride.



3 CHILL OUT
The Cochrane Review of 167 studies found that people eating less than 2.5g of salt a day were five times as likely to die as those consuming 6g.

WORDS: TOM BANHAM | ILLUSTRATION: PETER CROWTHER

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TO RULE IN THE POOL, TRY THESE **BREATH STROKES**

DEEP END TRAINING

Deep breath! Increasing lung power needn't be a slog. This Olympic trick will make you fitter in the pool and faster on the pavement to boot

If your cardio training is treading water, a new finding will make your progress less stagnant. Sports scientists have developed a simple technique for building the muscles around your lungs as you would those in your arms, improving your breathing efficiency and giving you the opportunity to set new PBs – without committing more time to the gym. Exhausting **these muscle fibres allows you to fill your lungs** better than before, expanding both your chest and propensity for endurance. For the quickest results, try the tool used by the Olympic swimmers in the study (*PowerLung £88 cartwrightfitness.co.uk*). Otherwise, build breathers like bagpipes with the workout below and expect everything from your 100m freestyle to your 10K run feel the benefit. Think of it as weight training for the lungs.

PUMPING WITHOUT IRON



THE NEW CHEST PRESS
Take this lying down. On your back, warm up the muscles around your lungs by inhaling for a count of three, exhaling for four. Now you're primed, ready for the hard work.



EXPLOSIVE BREATHING SETS
Sit up straight; inhale deeply for a count of four. Tense your abs and exhale and inhale 20 times in quick bursts through your nose. Try this every other morning. Win.

WEIRD SCIENCE

SORROW INHIBITS TRAINING PROGRESSION
University of Texas

GREAT BOWLS OF FIREPOWER

Recovery is faster with cereal rather than sports drinks, a new study says. Spoon it up



1/ GO-HARDER GRANOLA
Sprinkle pistachios, dates and sunflower seeds over sugary granola for an energy restock after long-distance runs.



2/ TOAST YOUR RIVALS
Add cinnamon and banana to toasted quinoa: think fast and slow carbs plus protein for the perfect post-10K reboot.



3/ BRAN NEW MUSCLE
Bran has been linked to better muscle development. Add strawberries and blueberries and you're sorted après gym.

WORDS: ALEX HARRIS | PHOTOGRAPHY: ROWAN FEE | ADDITIONAL PHOTOGRAPHY: PAVEL DORNAK AT HEARST STUDIOS | GOGGLES: SPEEDO FASTSKIN

MEET YOUR NEW MIDDLE MANAGER

Sports science grad and full-time model Stacey Hannant makes looking good her business. Employ her techniques to promote your abs to the premier league, even in the 90th minute

My job isn't exactly a 9-5. Travelling, late nights: the cards are stacked against me fitness-wise. But while I might only get 20 minutes a day to work out (if that), I take it as a challenge. I need to be efficient. Luckily, studying sports science for years has armed me with the know-how on what exercises are not only best for your physique, but the most efficient as well.

If, like me, you have a hectic lifestyle, the best tip I can give you to keep improving is to mix up your training – it's essential if you're as easily distracted as I am. Keeping it interesting helps eliminate excuses. Outside the gym I'm a massive fan of hot yoga. Not only is it great for your muscles – allowing you to take the hammering of those quick-fire workouts – but it's a mental boost too. Fitness shouldn't be thought of purely in terms of appearance; it's a building block of self-esteem. Being on top of your fitness regime keeps you on top of your life, which helps in my profession.

My diet is all about balance. Sure, I'm constantly snacking on raw veg and fish, but that doesn't mean I don't relax the rules from time to time (to time again). What else are weekends for? Besides, the circuit you see right here will help you pay off the debt of your revelry.

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StaceyHannant

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OCCUPATION
Model

SPECIALITY
Quick circuits

THE FITTEST WOMEN ON Instagram



PHOTOGRAPHY: JAMES LIGHTBOWN | ASSISTANT: KARL GREGORY | STYLIST: EMMA LIGHTBOWN | HAIR AND MAKEUP: CHARLOTTE GASKELL AT LHA REPRESENTS USING MAC PRO AND BUMBLE & BUMBLE | TOP AMERICAN APPAREL; BIKINI BOTTOMS ASOS; SHOES CHRISTIAN LOUBOUTIN; WRAPS USA PRO

REMODEL YOUR CORE

When you're short on time, you need to hit the right muscles in the right way. Use Stacey's science-backed 5min circuit to squeeze six-pack gains from every spare second



01 CRUNCH
12 REPS

Basic moves shouldn't mean easy ones. You just have to do them properly. Keep your shoulders off the floor and exhale as your rise to get flat, hard abs. Do these on a Bosu ball for an extra challenge.



02 OBLIQUE CRUNCH
12 REPS EACH SIDE

Now shift onto your side – there's no escape for smaller muscle groups in this circuit. Performing crunches at this angle will attack your love handles and tighten up your waistline. Roll over, repeat.



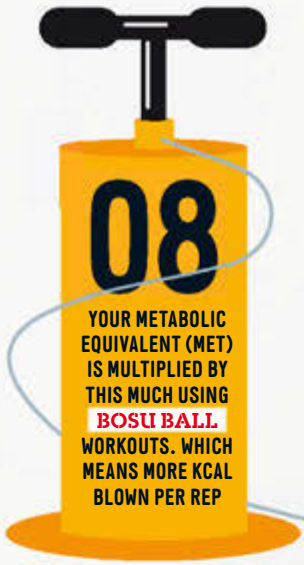
03 PLANK
10SEC ON, 10SEC OFF. REPEAT 10 TIMES

Tweak the shaky 60sec plank you normally do for shorter reps. This'll help you maintain perfect form and protect your back from any mid-set sagging. No excuses.



04 RAISED-LEG CRUNCH
12 REPS

Lifting your legs shifts the emphasis of your crunches. Curl your upper body to hit the top of your abs for maximum definition; curls for the girls, from the girls.





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EMBRACE THE FAST FOOD BUG

They might make your skin crawl, but insects will make your muscles sprint. Can you dig in? You will if you know what's good for you

The world's highest-quality protein source lives underground. And by that we don't mean some new hipster joint but literally souterrain. Nutritionally speaking, the benefits of eating insects outstrip those you'd associate with any creature reared in a barnyard, says Dr Arnold van Huis, entomology researcher at Holland's Wageningen University.

But before you bug out, consider the facts: gram for gram, crickets provide more than twice the protein of beef. And that protein happens to be the best kind, delivering the nine essential amino acids your muscles require to get bigger and stronger. The flavour is nothing to sniff at, either – most grubs are nutty, while crickets have a taste uncannily similar to shrimps, making them perfect for stir-fries.

But if going whole-bug gives you the creeps, you'll find cricket flour (perfect for paleo-style snacks and bulking out porridge) online for about 10 quid (amazon.co.uk), plus we'd wager it'll be hopping into the aisles of your local Whole Foods soon. So what are you waiting for? It's time to get a bug in your system.



ENERGY

200%

The increased quantity of iron you'll get by swapping your red meat for crickets

FLAVOUR

9/10

90% of people trialled preferred the taste of insect meatballs to regular beef ones*

MUSCLE

5X The amount of magnesium in 100g cricket as compared to beef

(01 CRICKET = 05 BEEF)

PHOTOGRAPHY: KANG KIM | *IN DR VAN HUIS' EXPERIMENTS AT WAGENINGEN UNIVERSITY



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TIME

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OUTDRAW ANXIETY WITH GUM-POWER IN YOUR ARMOURY



BURST STRESS BUBBLES

15

MINUTES TO TURN JOB STRESS INTO CAREER POWER

Feeling angsty? Alas, those desktop stressballs went the way of coloured iMacs and office pool tables. Next time the pressure gauge in your brain hits red, chew on this for a change. Working a piece of gum around your mouth for 15 minutes can crush cortisol and steel your nerves. By increasing the blood flow to your brain, the simple act of mastication (yes, that too) can lower stress by 18% and enhance cognitive functions, according to Northumbria University. This means that chewing over your problems can help defuse tense situations, whether in the form of a client meeting or an ill-timed collision with a disenfranchised ex. Compound the effects by opting for a strong menthol brand like Airwaves: scientists at Coventry University found the taste of mint boosts alertness, so you'll look bright-eyed and bushy-tailed despite prepping into the wee hours for the next morning's client meeting. And if you don't have a pack to hand, try asking a friend instead. Five minutes spent chatting to a colleague can also enhance your ability to make key decisions. Fergie, we always knew you had the bit between your teeth.

TAKE A BIG BITE OUT OF ANXIETY

If you're feeling hangry, chomp on these foods for the mental effects of chewing gum – plus Extra health benefits



MANGO FOR IT
Stress depletes your vitamin C levels. Top them up with a bag of chewy dried mango to take cortisol down.

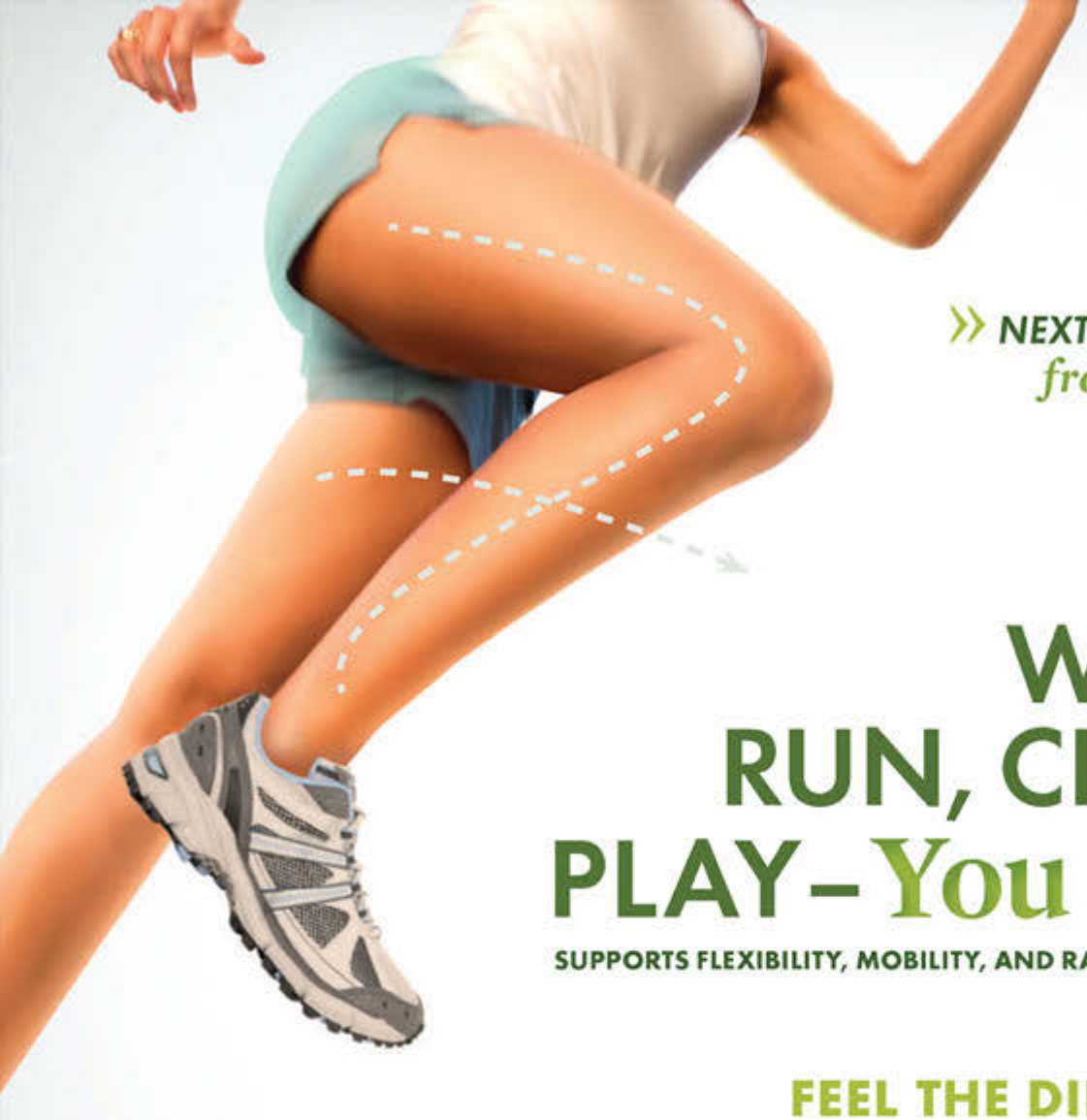


RAISIN THE BAR
This high-fibre fruit aids digestion, keeping your 'second brain' (ie gut) healthy while building a solid immune defence.



MEATY RETURNS
Jerky made with garlic, fruit and spice packs antioxidants that aid brain health (*MH* Beef Jerky £3 jertong.com).

ALL ILLUSTRATIONS BY ALCONIC



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*BIOGLAN RAW CACAO £7 HOLLANDANDBARRETT.CO.UK; SEVENHILLS CACAO BUTTER £11 AMAZON.CO.UK; NATURYA CACAO NIBS £9 HOLLANDANDBARRETT.CO.UK

SNACKS FOR THE MEMORIES

03

MONTHS TO ETERNAL SUNSHINE AND A SPOTLESS MIND

The key to unlocking total recall lies within the latest hipster health bean. But that doesn't mean the clean shaven need not apply. Cacao nibs (essentially unprocessed cocoa beans) increase the speed at which your brain accesses information, be it your wife's birthday or unpaid gas bill. A study in the journal *Nature Neuroscience* found that sipping a flavanol-rich cacao drink for three months can restore 7% of your recall ability. Commit this prescription to memory: grind the cacao beans, combine with hot water or warm coconut milk and down in the morning for a caffeine-free energy booster. Arabica, we barely knew you.

CHOC FULL OF MERITS

Incorporate different forms of cacao* into your diet to turn back your cognitive clock and enhance your 9-5 brainpower



AT BREAKFAST
Mix a pinch of cinnamon into raw cacao. It's a top source of the antioxidant manganese, to keep your grey matter in shape.



MID-MORNING SNACK
Spread the word: cacao butter contains phenylethylamine, a chemical shown to improve both your focus and your mood.



AFTER LUNCH
Skip the espresso and grab a handful of cacao nibs – you'll get the highest dose of flavanols and the energy hit in its pure form.

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PINPOINT BELLY FLAB

30 SECONDS TO TARGET WEIGHT GAIN AT SOURCE



CHEAT DIRTY AND STILL GET A CLEAN SHOT AT FAT

Spinach is no stranger to health props, but there's a new discovery that is worth leafing through. Adding a side of green leaf to an otherwise indulgent dish can act as an antidote to the fat-heavy foods you so enjoy. Thanks to ecdysteroids (natural compounds found in the veg) spinach can stop weight gain in its tracks. These compounds increase levels of the protein adiponectin, which makes fat cells more sensitive to insulin, helping to break down glucose. By improving your body's insulin responses, ecdysteroids curb the growth of fat tissue. All of which – translated into English – means that you can put your mind at ease when it comes to a particularly zealous cheat day. Throw together a spinach and quinoa salad (the grain is also high in ecdysteroids) to create a recipe for fat-destruction after your recent Five Guys session. Or make your breakfast bulletproof by adding colour to your fry-up, in the form of eggs Florentine. No need to ration the Hollandaise.



BULLSEYE SALAD

Sacrifice flab, not flavour, with this fat-sapping side dish from Tom Davies, development chef at Leon

INGREDIENTS

- Quinoa, 100g
- Baby leaf spinach, 40g, shredded
- Sundried tomatoes, 40g
- Mint, 10g, chopped
- Flat leaf parsley, 10g, chopped
- Olive oil, glug
- Lemon, half juiced
- Toasted sunflower seeds, handful
- Pomegranate, ½

METHOD

1/ Simmer the quinoa in a pan of water for 15 minutes until tender, then let it cool down to room temperature.
2/ Throw in the spinach, tomatoes and herbs, then dress with oil and lemon.
3/ Serve with seeds and pomegranate on top – the polyphenols in the fruit will offer added ammunition in the war against fat.



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POWDER TO THE PEOPLE

07

DAYS TO SHAKE UP THE ROUTINE AND TASTE THE BENEFIT

Packing on lean mass with minimal effort is a privilege exclusive to genetic freaks. But even if you're not naturally built like Tom Hardy on arms day, your body still has a few tricks up its tightening sleeve. At high levels, the creatine in your blood can give you an advantage over the men who won the DNA lottery. During a seven-day window, creatine can be used to add muscle with zero training, allowing you to take a hard-earned break from the gym floor. Gulp down 20g, split into four shakes, every day for a week, and you'll maintain your physical prowess without so much as glancing at a dumbbell, Canada's St Frances Xavier University found. And adding a scoop of whey into the mix will optimise your muscle retention, too, because fast-acting proteins are better at preserving muscle than their slow counterparts, says the University of Trieste. Note that this gym-free window closes firmly after seven days – not least since prolonged creatine loading has an unsavoury effect on the stomach and can damage your liver and kidneys. But wake 'n' shake for a week and you can rest firm and easy.

*UNIVERSITY OF NOTTINGHAM

MUSCLE IN A BOTTLE

Optimise the effects of your shake with extra ingredients from fitness coach Coel Fulton and holiday-proof your physique



PREP YOUR BASE

Blend fresh fruit to make your mixer. Their simple sugars enhance creatine absorption, according to Dr Paul Greenhaff, prof of muscle metabolism.*



TOP IT OFF

Grind up a handful of fenugreek seeds and sprinkle them on. The high levels of calcium and iron help you build and retain muscle mass.



THE EXTRA 10%

Finish with ½tsp of vit C in powder form (£7 for 170g hollandandbarrett.co.uk). It speeds the rate at which your body absorbs other nutrients.

Fiat with EXPO MILANO 2015

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500

FIAT

fiat.co.uk

Fuel consumption figures for Fiat 500 range in mpg (l/100km): Urban 49.6 (5.7) – 64.2 (4.4); Extra Urban 65.7 (4.3) – 91.1 (3.1); Combined 58.9 (4.8) – 76.3 (3.7). CO_2 emissions 113 – 90 g/km. Fuel consumption and CO_2 figures based on standard EU tests for comparative purposes and may not reflect real driving results. *Finance subject to status. Guarantees may be required. Fiat Financial Services PO BOX 4465, Slough, SL1 0RW. †The servicing plan includes three annual services, authorised service stamps and any product or software update. This plan includes all the parts, labour and fluids required to perform the service schedule created for your car. ^Fixed price telematics insurance from Carrot Insurance subject to status. Underwritten by Zurich Insurance plc. Promotion available for customers aged 18 to 30, on new Fiat 500 1.2 models. The package consists of two separate Fiat Financial Services agreements. The first agreement is a Fiat i-Deal PCP agreement with the servicing plan included; this is a three year agreement. The second agreement is a personal loan for the insurance; this is a one year agreement which will be renewed annually for 3 years, subject to status. Terms and conditions apply. Go to www.fiat500withinsurance.co.uk for full details.

NOTES & QUERIES

52 SWING WHEN YOU'RE WINNING
Golf experts rate the best clubs

55 CAN YOU SMOKE WITHOUT FIRE?
MH investigates e-cigarettes

57 EAT YOURSELF HANDSOME
Perfect skin, on a plate

61 BETTER SEX WITH TECHNOLOGY
You're invited to a 4G orgy

65 FIGHT A LOSING RATTLE
Cut out snoring for good

67 SAY BALLS TO CANCER
Make this serial killer history

THE LAB

PUTTING HEALTH UNDER THE MICROSCOPE

Men'sHealth

EDITED BY CARLENE THOMAS-BAILEY



MIND OVER MATTER

PUT MANXIETY OUT OF MIND

BEING A MODERN MAN CAN FEEL OVERWHELMING. BUT, IF YOU'RE SMART ABOUT IT, YOU CAN STILL HAVE IT ALL WITHOUT BURYING YOURSELF ALIVE

PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS I STYLING CREDITS: BRIEFCASE, SHOES AND SHIRT NEXT.CO.UK



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MH's John-Paul Nicholas explores the challenges facing modern men to find your healthy state of mind

Gentlemen, we have a problem. It's a first-world problem, admittedly, but it's worse than fitful wifi, forgetting your cleaner's name, or your iPhone falling out your pocket and cracking your iPad. Being a man, it turns out, is *hard*.

"So, what's new?" you might ask. Well, everything, it turns out. Because according to a new report by CALM* that's precisely what we're expected to be: everything. Along with being the breadwinner – standard-issue man stuff – we must be compassionate yet resilient, soft in the centre yet hard in charge of an emergency. We must be loyal friends, loving partners, manly guardians and ever-present fathers. Oh, and a six-pack is also vital. Throw your personal needs into the mix, factor in some time restraints and, voila, you have Modern Man: the pressure cooker with no steam valve.

Basic Life is hard enough, so why do we continually add to our load? I blame the limitless flowchart of choices the 4G world offers. Like being hungry in a restaurant, I can choose anything, so I order far too much. It's an affliction particular to the species. Men want it all, whether we need it or not. Personally I want Philip Green's spending power, but with Ryan Gosling's body, Barack's charisma and Kanye's self-assurance. Is that really too much to ask of myself?

In a word, yes. The CALM report also learned that such a high level of expectation is driving a record 4500 of us to suicide each year. And the truth that my catholic-guilt-ridden middle-class self doesn't want to hear? That 81% of the pressure to be perennially awesome doesn't come from pushy girlfriends, judgemental parents or even David Cameron – it is self-imposed.

I am great at forgetting my limits. I throw myself 100% into things, and doggedly pursue them to the detriment of every other aspect of my existence. If I don't push myself, I get nowhere. And I refuse to downgrade my desires because a) I'm stubborn and b) I'm getting no younger. However, when failure is not an option, that dreaded media invention 'manxiety' opens its bloody maw.

"Basic Life is hard enough. Why do we perpetually add to our load?"

This is the modern masculinity crisis, and as yet there's no panacea. I have, however, found a few ways to hack into my misplaced tenacity and locate that steam valve.

Those of you throwing tin around the weights room won't like this... First on my list is yoga. You may suspect that after my first class my manhood withered beneath my track pants, but instead the ancient cure for stress relief left me with a core that had just been blasted harder than my kettlebells regime could. More importantly it gave me a feeling of being well within my own skin. I now do it at lunch and return to work clear-headed and refreshed. It works every time.

Second up, I go to therapy. Once a week, I tell someone who has no personal stake in what I say exactly what I'm thinking. Sometimes it's just stuff from the day; sometimes, thoughts and theories that I just want another perspective on; sometimes, terrifying revelations that have surfaced after years of being buried, like radioactive material. Either way, it leaves me more mental bandwidth to deal with the challenges I've set myself. It's more expensive than yoga but without it I would be less effective.

Third, I have a partner who tells me the truth. As little as I *want* her advice at the time, she'll put me straight. It's OK that I don't have an eight-pack, a new Audi or a working watch. I'm a human being, not a robot, she insists. Apparently there is more to us than what we want and achieve. If you're not Kanye, you're less likely to remind yourself of your inherent worth. But please, take it from me: it's important you temper the anxiety of modern life, however you find useful. Or you'll never get out of it alive.



CROSS POTENTIAL MID-LIFE CRISES OFF YOUR TO-DO LIST

SHORTCUT THE ANXIETY

Turn the digital enemy into an ally and buy back some precious time with these pressure-relieving chore-killing apps

A / Take a big stinking load off your mind with pick-up, drop-off laundry service ZipJet.

B / Don't DIY. Call in the army of local cleaners, handymen, plumbers and movers on Bizzby.

C / Commute free from traffic, using Waze – a live social GPS that swerves live disruptions.

*A CRISIS IN MODERN MASCULINITY: UNDERSTANDING THE CAUSES OF MALE SUICIDE BY THE CAMPAIGN AGAINST LIVING MISERABLY



YOUR CLOSE-UP LOOK AT A GOOD WALK UNSPOILED

TESTED BY EXPERTS

SWING THEORY

THE FIRST CLUB OUT OF YOUR BAG SHOULD BE THE BEST. WE PUT THE LEADING DRIVERS FROM THE BIG SHOTS OF GOLF ON TRIAL. IT'S ALL TEEING OFF

Driving is for show, putting is for dough – or so 19th hole wags are wont to say. Which is all very well at the end of a round, but when you're nervously teeing off outside the clubhouse, your swing quality is priceless. Besides, you're not at the Open. Real men like to drive.

We've taken the newest and most evolved drivers from five major manufacturers and put them in the hands of PGA professional Freddie Russell and under the watchful eye of FlightScope's 3D ball-tracking machine, to find out which club is best suited to your bag. As Mr John Daly once said, let's grip it and rip it.

01

PERFORMANCE

COBRA FLY-Z

£249 COBRAGOLF.COM

SCORE 9/10

SWEETER MOMENTS

Golf can be agony – this club is the salve. A supersized sweet spot compensates for off-centre hits, resulting in test shots that were significantly straighter than the others in *MH*'s trial. The Cobra also scored well on distance, despite being the cheapest option here.

THE LAB STATS

Cost	**9/10**
Appearance	**8/10**
Comfort/grip	**9/10**
Swing weight	**9/10**
Shaft	**9/10**
Performance	**10/10**

OUR EXPERTS SAY

The club's regular shaft is an extremely light 65g, so especially suited to those with a mid (10-16) or high (16+) handicap. Its stiff feel (firmer and harder to bend) is solid at impact, which is reassuring when taking a big swing.

WITH THANKS TO ESSENDON COUNTRY CLUB FOR ACCOMMODATING OUR TESTING (ESSENDONCC.CO.UK) | PHOTOGRAPHY: MITCH PAYNE

02

ACCURACY

TAYLORMADE R15

£369 TAYLORMADEGOLF.COM



OFFSET YOUR SWING

Two moveable weights make this your best friend if you keep on making the same (bloody) mistake. Slide them to the right to lessen slices, to the left to straighten hooks, or keep both in the middle for extra length. All of which will prevent you from bending it over your knee.

THE LAB STATS

Cost	6/10
Appearance	7/10
Comfort/grip	8/10
Swing weight	8/10
Shaft	7/10
Performance	8/10

OUR EXPERTS SAY

This club really comes into its own for those who swing over 100mph, where it's possible to launch the ball at a high angle without much spin – the equation you want for improved distance.

03



FORM

PING G30

£299 PING.COM

UNLEASH THE BEAST

This driver is wielded by the PGA Tour's biggest hitter, Bubba Watson. With a gargantuan 460-cubic-centimetre club head, it's more forgiving than most when you speed up your swing and really go for it. So really go for it.

THE LAB STATS

Cost	8/10
Appearance	9/10
Comfort/grip	6/10
Swing weight	7/10
Shaft	8/10
Performance	9/10

OUR EXPERTS SAY

The clubface on this Ping is quite hard, so – depending on your personal preference – that could be a disadvantage. Softer clubs make it easier to feel what's happened to the shot upon impact, but this one did steer a lot of mishits straighter. Swings and roundabouts.

MEET YOUR NEW GOLFING BUDDIES

Track the improvement of your game by pairing your new driver with cutting-edge technology

GOPRO HERO4 SILVER
£330
Allows you to capture and review your setup and impact from a 'golfer's eye' perspective, an advantage previously only open to the pros.

BIONIC GLOVES
£20
Constructed in consultation with an orthopedic hand surgeon, these bionic gloves offer support, grip and improved motion. Think *RoboCop* in plus fours.

iPING APP
Free on iTunes
This handy app measures the tempo of your stroke to boost your control on a range of shots. Which should, in theory, make lost balls a thing of the past. In theory.

04

DISTANCE

NIKE VAPOR

£250 NIKE.COM/NIKEGOLF



TAKE IT FURTHER

Rory McIlroy's weapon of choice produces the second-fastest swing speed. The main feature is a cavity in the bottom of the club head, which pushes the centre of gravity forward to trigger that higher launch angle and lower spin rate you're after.

THE LAB STATS

Cost	9/10
Appearance	9/10
Comfort/grip	9/10
Swing weight	7/10
Shaft	6/10
Performance	9/10

OUR EXPERTS SAY

The grip is comfortable and the clubface looks as good poking out of the top of the bag as it does on the tee. The traditional shape is reassuringly heavy and sets up well behind the ball. You just need to hit it.

05



VELOCITY

CALLAWAY BIG BERTHA ALPHA 815

£349 CALLAWAYGOLF.COM

MONSTER SMASH

'Smash factor' is golf talk for how well the clubhead transfers energy to the ball, and Callaway's latest Big Bertha has it in spades thanks to an ultra-thin face. If you prefer your score to do the talking, the classic black face is more premium looking than other flashier clubs on test.

THE LAB STATS

Cost	7/10
Appearance	10/10
Comfort/grip	8/10
Swing weight	9/10
Shaft	9/10
Performance	9/10

OUR EXPERTS SAY

This finds the perfect mid point between the heavier Nike and lighter TaylorMade. The shaft will appeal to new golfers, elevating your swing for a better launch. Aim carefully, now.

ADDITIONAL PHOTOGRAPHY: PAWEL DORNAK AT HEARST STUDIOS

BEFORE EXERCISE.

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Deep Heat Max Strength is a medicine. Read the label.

DEEP HEAT

AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray is a medical device.

DEEP FREEZE

The UK's No.1 selling heat rub and cold spray.



THE HABIT'S LESS FILTHY – BUT SHOULD YOU STILL PACK IT IN?

NEW FRANCHISE

ON THE VAPOUR TRAIL

E-CIGARETTES CAN HELP WEAN SMOKERS OFF CANCER STICKS, BUT THEY'RE NOT WITHOUT RISK. WE GO BEHIND THE SMOKE SCREEN

You may be wondering what a piece about cigarettes is doing in *MH*. Let's examine the reality: even if you have the clean-eating lifestyle down, these butts are likely either an occasional vice or your friends' habits make you a second-hand smoker. And whichever camp you're in, the e-cig discussion has probably sparked debate. They're better than tobacco and the gateway to giving up – right? We unpackaged the science behind their effects to clear the air for good.

01\ STIMULATE YOUR MIND

Taking a drag from an e-cig provides a hit of stimulants to help you through the day. Inhaling causes the atomiser to heat liquid nicotine, which you breathe in, while signalling the battery to light the tip. This 'burn' effect is style, not substance, since smokers' crave the sensory stimulus.

02\ TASTE THE DIFFERENCE

E-cigs affect the brain in the same way tobacco cigarettes do, reports Imperial College London scientist Matt Wall. Nicotine patches and gum are unable to fully replicate smoking, because the taste and hand-to-mouth action are missing. The brain's reward centre won't be ignited.

03\ DODGE TOXIC SHOCKS

Scoring your nicotine fix via vapour *is* a safer alternative to burning tobacco. However, e-cigarettes still harbour toxic chemicals – such as lead and formaldehyde – albeit to a lesser degree. Don't be fooled by the sweet aromas either: cinnamon e-juice packs the most carcinogens†.

04\ STUB OUT, BE QUIDS IN

Liquid nicotine is proven to help you quit the habit. "By experimenting with different strengths of nicotine, you can find your sweet spot and then work on cutting down," says tobacco researcher Prof Peter Hajek*. And you'll save money too: refillable e-cigs cost as little as £3.

05\ VAPORISE LUNG CANCER

For smokers who first lit up just to look cool, e-cigarettes still allow you to channel your inner James Dean. Only your cloud of mystery comprises harmless vapour, whereas regular cigarette smoke stays in the air for 2hr, potentially raising the lung cancer risk for those around you by 25%.

THE MH VERDICT

E-cigs can be a useful tool for those struggling to go cold turkey. However, the sweet flavours, low cost and reduced risk mean they can be appealing to non-smokers too. Your takeaway message is this: it's a nascent industry so long-term studies on the health impact are required. "The lack of regulation leaves no way of verifying what's actually in them," says Cancer Research UK. Best puffed infrequently.

†SOURCE: THE UNIVERSITY OF ROCHESTER | *FROM QUEEN MARY UNIVERSITY | E-CIGARETTES COURTESY OF BLUDIGS.CO.UK
PHOTOGRAPHY: ROWAN FEE | WORDS: CARLENE THOMAS-BAILEY

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THE SKIN DOCTORS

YOU CAN TONE UP AT THE GYM, BUT NO MATTER HOW LONG YOU SPEND THERE, LOOKING GOOD IS ALL ABOUT WHAT YOU EAT

The sun may be out and spring bulbs blooming, but chances are a glance in the mirror will reveal a face rooted firmly in midwinter. Cold, dark days and long, boozy nights wreak havoc on your complexion, and the onset of balmy weather can make you look like Nosferatu with a bout of dysentery. As ever, exercise will help – research at McMaster University found that regular cardio will keep your skin looking younger – but your most effective makeover tool is your dinner plate. A diet high in vitamin C and linoleic acid is like moisturising from within, reducing signs of ageing and promoting an inner glow*. We sourced 10 of the best foods matching this profile and tasked renowned chef Florence Knight with turning them into a sumptuous meal. Tuck in and tone up.

01/ Tomatoes
Their high serotonin levels induce melatonin to improve your sleep quality, so you wake up refreshed.

02/ Pineapple
Don't be put off by the natural sugar content; protein extract bromelain fights skin inflammation.

03/ Chickpeas
The low glycaemic load they deliver reduces skin eruptions, while folate and iron release extra energy.

04/ Spinach
Because they're packed with lutein, these green leaves help increase skin hydration and elasticity

05/ Olive oil
It's rich with vits A and E, which fight against free radicals, adding moisture and suppleness.

06/ Chillies
Around 100g of fresh chilli delivers 240% of your RDA of vit C to battle dry skin and brighten skin tone.

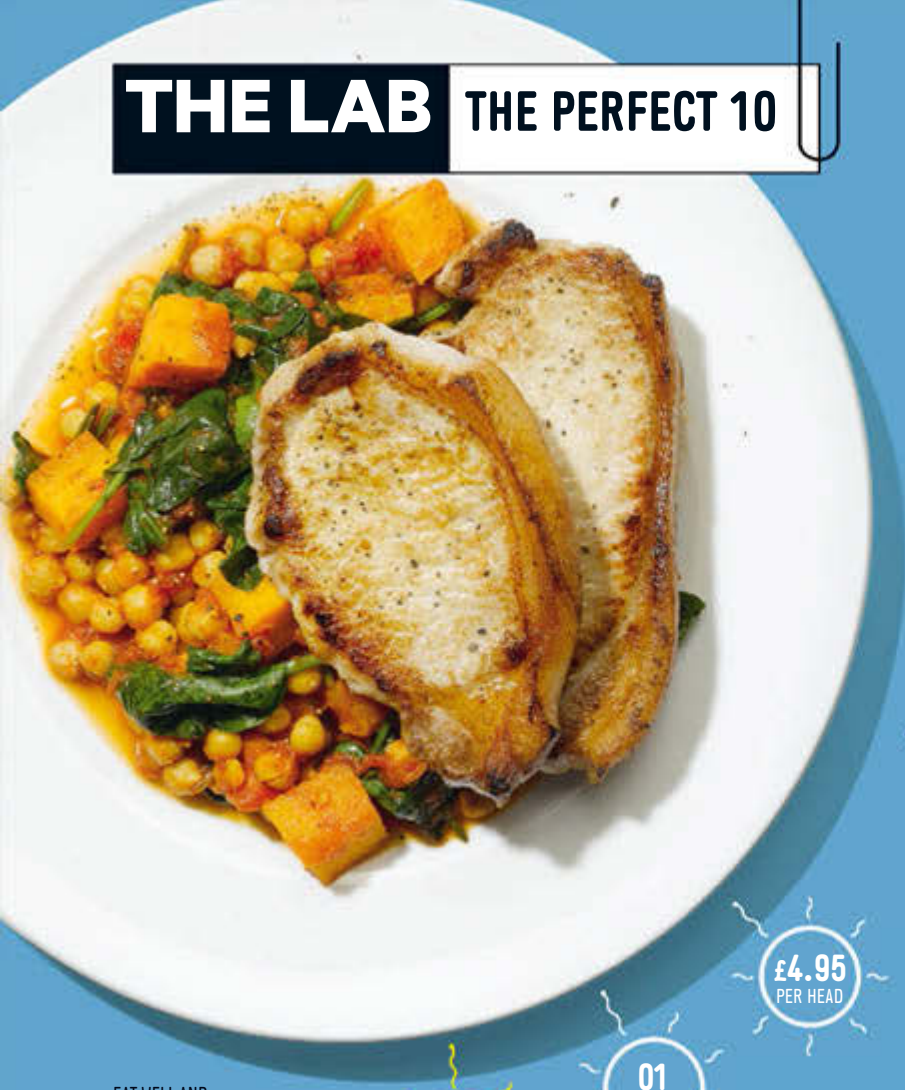
07/ Mango
These tropical flavour bombs are Full of folic acid, which is proven to improve the firmness of your skin.

08/ Garlic
This pungent bulb contains allicin, which fights bacterial infections and keeps your face radiant.

09/ Pumpkin
A source of beta-carotene, which is converted into vit A, pumpkin triggers fresh skin cell growth.

10/ Pork loin
A protein shake for your skin, pork is high in vit B1, which boosts your circulation for a better complexion.

THE LAB THE PERFECT 10



EAT WELL AND SEE THE RESULTS ON YOUR CHOPS

730 PROTEIN

01 HOURS

£4.95 PER HEAD

01 FACIAL FUEL
PORK LOIN & BRAISED CHICKPEAS

SERVES TWO
- Chickpeas, 200g
- Garlic cloves, 2
- Bay leaf, 1
- Sage leaves, 2
- Sprigs of rosemary, 3
- Onion, 1
- Plum tomatoes, 1 tin
- Pumpkin, 8-9 chunks, sliced and skinned
- Chicken stock, 100ml
- Spinach, 100g
- A red chilli, diced
- Lemon, ½, zest and juice
- Pork, 4 boneless loin steaks
- Olive oil, drizzle
- Salt and black pepper to taste

This packs double the usual protein gains, with amino acids to boost your muscles and nourish your skin.

A/ Soak chickpeas overnight in 3in of water "to soften the skins", says Knight.

B/ Next day heat the oven to 180°C. Roast pumpkin with olive oil and a pinch of salt for 30min.

C/ Boil the chickpeas for 10min, drain and set aside. Peel and finely chop the garlic and chilli, chop sage and rosemary. Stir into the chickpeas. Add the tomatoes and stock, cover the pot and place on a medium heat to cook until the chickpeas are tender.

D/ Season the pork loin. Fry on medium heat in a little olive oil, till lightly golden. Remove the steaks from the pan to rest, squeezing over a little lemon juice. Stir the pumpkin and spinach through the chickpeas, and serve with the steaks.

EXPERT PROFILE



NAME
FLORENCE KNIGHT

PROFESSION
CHEF & AUTHOR

Knight is head chef at Polpetto and author of *One: A Cook and Her Cupboard*. Every month, she shows you how to turn kitchen staples into five-star fuel.

02 SWEET SKIN SAVER
PINEAPPLE AND MANGO SORBET

After a full day in the office and a heavy weight session in the gym, you deserve a dessert. You could grab a protein bar, but this superior sorbet is far tastier.

A/ Peel and slice your pineapple and mango then put them aside.

B/ Pour the sugar and salt into a saucepan with the water. Once the sugar has dissolved, add the lemon zest and boil rapidly, until it thickens.

C/ Throw your pineapple and mango fruit fusion into a processor. Top with the syrup and blitz into puree, with a generous squeeze of lemon juice.

D/ Allow to cool, pour into a container and freeze. "When half-frozen, after about three hours, tip the sorbet back into the processor and whizz it again to break up the ice, then freeze again. You may have to repeat this," says Knight. Once the ice is right, serve up and savour.

SERVES TWO
- A pineapple
- A mango
- Lemon, 1, zest and juice
- Sugar, 140g
- Water, 500ml
- Caster sugar, 125g
- A pinch of salt



560 CALORIES

4.5 HOURS

£2.50 PER HEAD

HANDSOME LOOKS, COURTESY OF GOLDEN BALLS

*THE AMERICAN JOURNAL OF CLINICAL NUTRITION FOUND THAT WHEN PLANNING YOUR MEALS "HIGHER INTAKES OF VITAMIN C AND LINOLEIC ACID AND LOWER INTAKES OF FATS AND CARBOHYDRATES" ARE ASSOCIATED WITH YOUNGER LOOKING SKIN | PHOTOGRAPHY: LOUISA PARRY | FOOD STYLIST: NATALIE THOMSON | SUNGLASSES: PAUL SMITH £200 AND RAY-BAN £250 SUNGLASSHUT.COM

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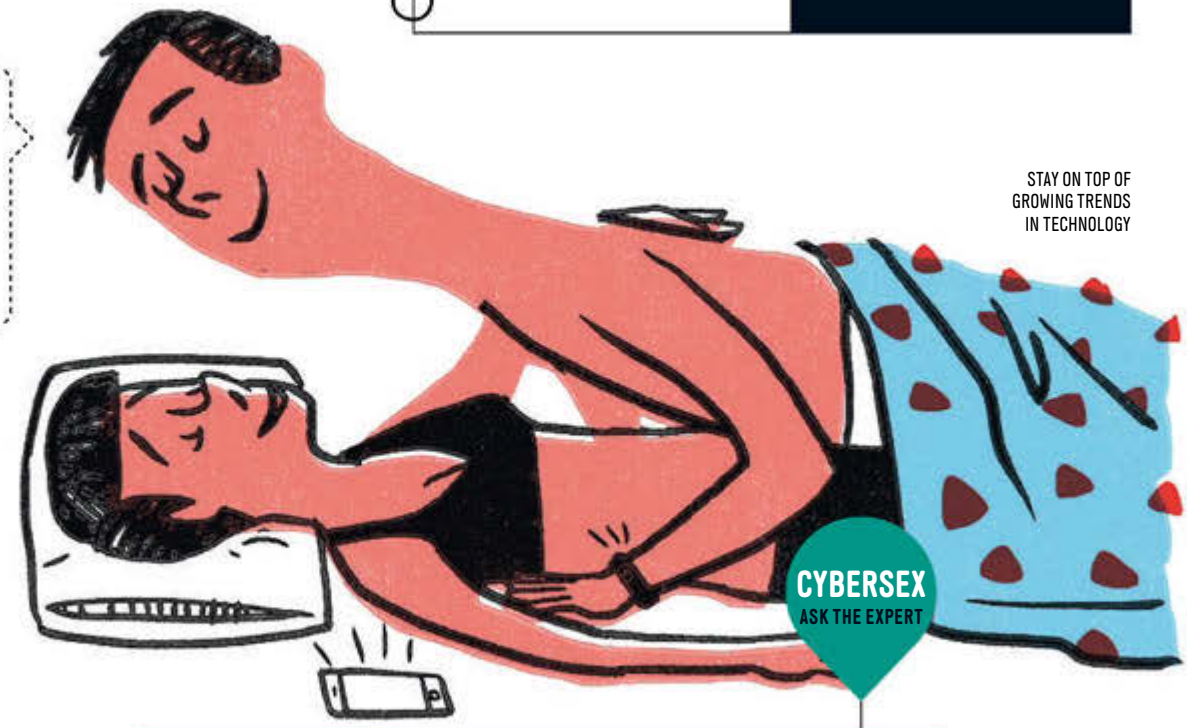
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STAY ON TOP OF GROWING TRENDS IN TECHNOLOGY

CYBERSEX
ASK THE EXPERT

TECH WITH BENEFITS

NEXT-GEN SEX IS AT YOUR FINGERTIPS. LEARN HOW TO STREAM THE LATEST TECHNOLOGY INTO YOUR LOVE LIFE. USAGE LIMITS DO NOT APPLY

Q FITNESS TRACKERS AND 'WEARABLES' ARE EVERYWHERE AT THE MOMENT, BUT DO ANY OF THEM WORK WITH 'HORIZONTAL' WORKOUTS?
Chris, 22, Cambridge

A Let's start with what is already at your disposal. Take the fitness tracker on your wrist, for example. Anything that encourages both you and her to exercise is only going to increase your sexual PB. Your partner's beating heart makes her more likely to experience a stronger orgasm post-workout too, according to a study in the *Journal of Sexual and Relationship Therapy*.

If you're the sort of power-fitness couple who already sweat, juice and foam roll together, you're ready for the next level. The OhMiBod smartwatch app and vibrator (£85 amazon.co.uk) monitors your heart rate and syncs it with the vibrator, giving her fuller vibrations as your BPM goes up. Call it a HIIT session if you must, but this is the couples' workout that counts.



KEEP ONLINE ACTIVITY FOR YOUR (AND HER) EYES ONLY

Q UNLIKE THE FOOTBALLERS WHO ARE SPLASHED ACROSS THE NEWSPAPERS, I'D LIKE TO BE ABLE TO SEXT WITHOUT GETTING MYSELF INTO A WHOLE WORLD OF TROUBLE. ANY ADVICE?
Dave, 29, Luton

A The standard dick pic is old news, and while dirty words are a reliable lubricant when delivered in person, you need to be more forward-thinking with your sexting to stand out from the crowd. Viber and even WhatsApp are good options for voice clips, but Snapchat is still the best way to get visual in a secure way, with the obvious downside being that you can't save any replies to enjoy at a later date (unless you're a filthy screengrabber).

If you're in need of a partner to begin messaging, then opt for MeowChat. This tool is like the lovechild of WhatsApp and Tinder. It lets you instant-message contacts and hook up with new people all in one place. Consider it an online bar, if you will. Happy sexting. Stay safe.

EXPERT PROFILE

NAME NICHI HODGSON



JOB *MH* SEX CONSULTANT

Author, activist and ex-dominatrix Nichi gives you her 4G sex advice, to help you connect with new hot spots and log on to better foreplay.

Men's Health

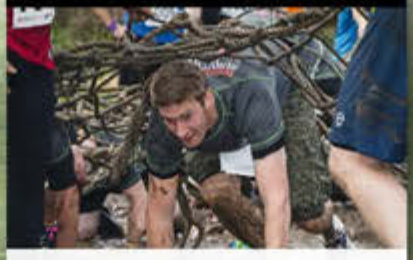
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Q WHAT'S THE BEST WAY OF USING MUSIC IN THE BEDROOM, WITHOUT SUCCUMBING TO A BARRY WHITE LP?

Steven, 32, Essex

A The Walrus of Love enjoyed a lucrative career for good reason, and it's not simply a case of setting the mood – the songs themselves trigger a pleasure **hit of dopamine, according** to researchers at McGill University in Montreal. But don't confuse sultry for sexy. There's nothing like hitting play on Jason Derulo's *Wiggle* to turn your partner right off the idea of having sex; women require a positive emotional connection to be aroused, according to the *Journal of Sexual Medicine*. Spotify studied listening habits to determine that The XX's *Intro* is the perfect song to make love to, but I'd suggest more lyrical tracks. Songs by Frank Ocean or Banks offer a contemporary remix of the otherworldly instrumentals and sultry vocals that made Big Barry such a hit. As an **aside, revealing any musical** talents you might possess counts as foreplay. A study by the University of Southern Brittany proved women are attracted to men's musical ability – even if she just clocks the guitar case in the corner of your room. If that sounds a bit 'mainstream' for your taste, turn it up to 11 with a synced-up sex toy such as the Bedroom Kandi (bedroomkandi.com), a double stimulator that throbs in time with your playlists. She won't **get enough of this one, babe.**



HER EARS ARE AN EROGENOUS ZONE WORTH ATTENTION



CUT THE VISUALS FOR A HOTTER BLIND DATE

Q I THINK INTERNET PORN HAS MADE ME IMMUNE TO AROUSAL. HOW CAN I GET MY FIX A DIFFERENT WAY?

Graham, 37, Stevenage

A Start by closing your laptop, Graham. Porn is a healthy part of modern sex, but many find they spend more time sifting through clip after clip than experiencing the more natural (and a lot more gradual) sexual response cycle of arousal, plateau and orgasm. It doesn't mean going cold turkey, though. The growing popularity of podcasts has been embraced by legendary pornstar Mary Carey, blonde dominatrix Aiden Starr, and the best of British, Tanyna Tate, all of whom have their own shows available live or to download on vividradio.com. If you'd prefer to hear some top-tier sex advice, go for Nyomi Banxxx's sex Q&A phone-in on chocolateradio.net. It's a subtle and rewarding way to tune into your arousal. Noise-cancelling headphones will be a worthy investment.



CONNECT WITH YOUR PARTNER ON HANDS-FREE

Q I'M IN A LONG-DISTANCE RELATIONSHIP AND PHONE SEX JUST ABOUT GETS US THROUGH THE WEEK. ARE THERE ANY FRESH WAYS WE CAN CRANK IT UP A NOTCH?

Alex, 24, Swansea

A Distance can be a powerful aphrodisiac, and having an ocean between you is actually a sure-fire way to strengthen your relationship, a study from Queen's University in Ontario found. Rather than ignoring your partner's fifth attempt to get you to take out the bins, in a long-distance relationship you value communication as a way to build up intimacy. Hence phone sex – though even that has its logistical limits. For something more tactile, you don't have to wait until next weekend: Tron-like technology can bring you together. The Kiiroo (kiiroo.com) is a mind-blowing virtual-reality system designed for relationships just like yours. Classed as a 'teledildonic' experience, you put the sleeve on your penis while she plays with the sensation-sensitive dildo. It's popular with co-habiting partners after the thrill of separation play, too. If time zones are against you, try the latest version of the Fleshlight (fleshlight.com) which offers pure, personal pleasure but now connects to what you're watching online for a more bespoke way of treating yourself.

ILLUSTRATIONS: ADAM NICKEL AT SYNERGY | HEADSHOT ILLUSTRATION: NICK HARDCASTLE



RUN AN ERRAND

NEED MOTIVATION TO HEAD OUT FOR A RUN? GET READY TO #USEYOURRUN THIS SUMMER WITH NEW BALANCE

Nothing beats running for a blast of endorphins and this summer the feel-good factor is about to get multiplied with New Balance who have partnered with GoodGym.

'Do good, get fit' is the philosophy behind GoodGym, a series of running groups helping local communities. The premise is simple: you run to a group 'mission' or individually to a 'coach'. "A coach is an older person who lives alone," says 31-year-old David Misstear from GoodGym Tower Hamlets in London. "My coach Edward doesn't have any family nearby so it really gives me the motivation to run to visit him every week. We have a lot in common and we both benefit greatly from our chats."



"MY COACH HAS A GREAT SENSE OF HUMOUR. WE'VE DEVELOPED A STRONG FRIENDSHIP"





FEEL-GOOD FACTOR

"I now run four times a week and feel fitter and healthier," says David. "I'm even contemplating a half marathon, something I never would have considered before."

FIND OUT MORE AT
NEWBALANCE.CO.UK/USEYOURRUN

new balance

RECLAIM A SILENT NIGHT

DON'T LET SNORING RATTLE YOUR SLEEP PATTERNS. USE OUR TACTICS TO SHUT OFF YOUR NIGHTTIME CHAINSAW FOR GOOD

01\ REGAIN YOUR TERRITORY

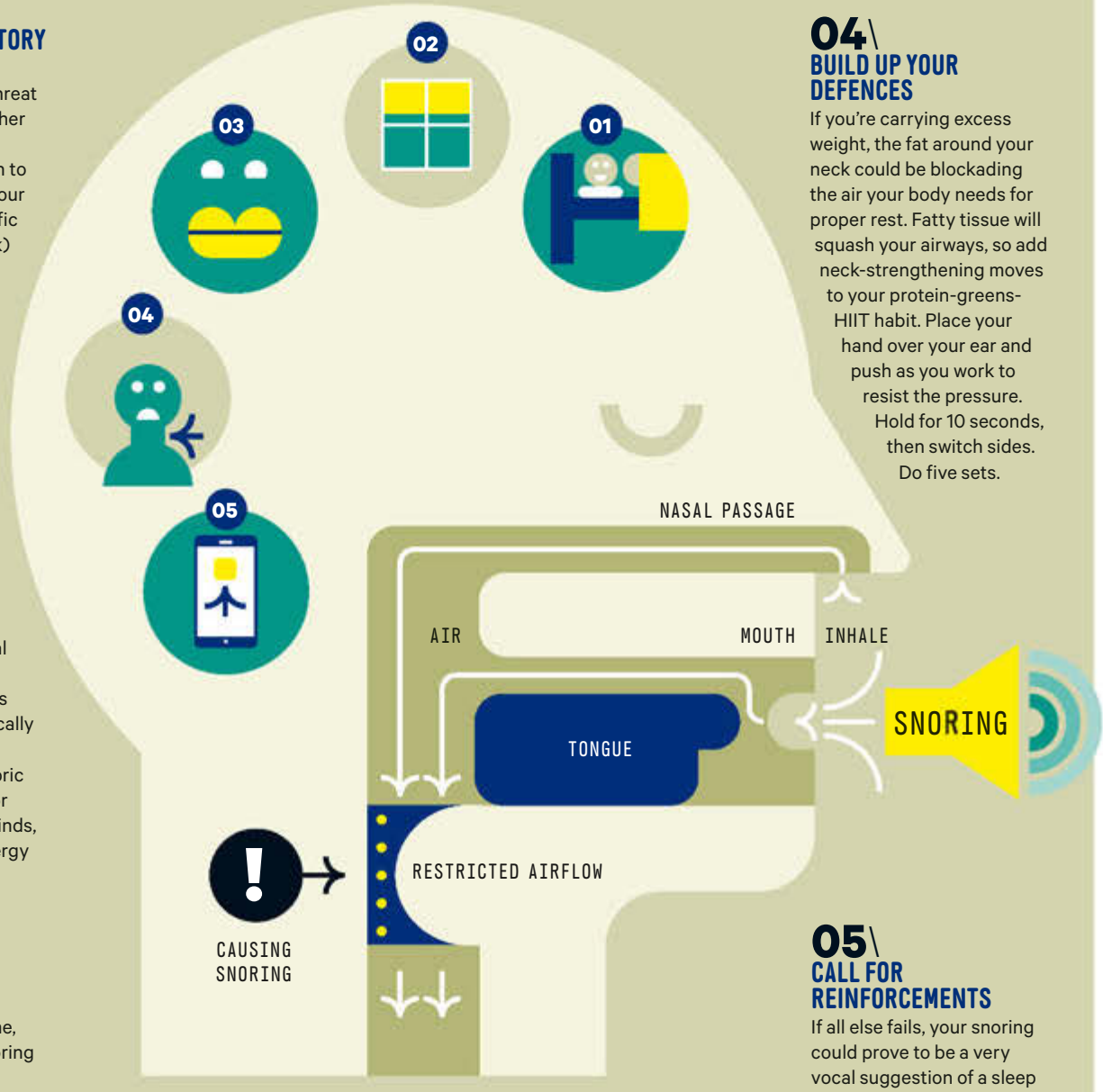
Twice as many men as women snore, and the threat of your bedfellow using her pillow as a permanent silencer is a good reason to take action. Swapping your own for a posture-specific pillow (£23 cosyco.co.uk) that encourages you to sleep on your side stops your tongue sinking back and narrowing your airways. You can keep the spare bedroom just that.

02\ CLEAN OUT THE CULPRITS

If that tactic hasn't eliminated the noisy problem, you need to widen your search. Nasal congestion due to even slight allergies, known as allergic rhinitis, dramatically increases your risk of snoring. Swap heavy fabric curtains, a safe haven for dust mites, for lighter blinds, and invest in an anti-allergy duvet (£45 John Lewis).

03\ ENACT A CHANGING OF THE GUARD

If allergies aren't to blame, you're going to have to bring in some slightly heavier artillery. A mouthguard moves your jaw forward, opening up the passage for air to alleviate any unnecessary rattling. Get yourself a bespoke bedtime version (£29 snorebond.com) rather than relying on your mouldy sport gumshield and it'll stop you grinding your teeth in your sleep, too.



04\ BUILD UP YOUR DEFENCES

If you're carrying excess weight, the fat around your neck could be blockading the air your body needs for proper rest. Fatty tissue will squash your airways, so add neck-strengthening moves to your protein-greens-HIIT habit. Place your hand over your ear and push as you work to resist the pressure. Hold for 10 seconds, then switch sides. Do five sets.

05\ CALL FOR REINFORCEMENTS

If all else fails, your snoring could prove to be a very vocal suggestion of a sleep disorder called obstructive sleep apnea, when your airflow is blocked for 10 seconds or more at a time. An app like MotionX-24/7 (79p itunes.apple.com) monitors repeated pauses or gasps for breath, but you need a test by your GP to quieten the disturbance once and for all. Sleep soundless.

ILLUSTRATION: PETER GRUNDY | WORKOUT COURTESY OF EDEN FITNESS TRAINER TAMAYA ADAMS. THANKS TO RESPIRATORY SLEEP DISORDERS CONSULTANT DR TIMOTHY QUINNELL | WORDS: GEORGIA POSNER

HOOK MORE MUSCLE

WIN A YEAR'S SUPPLY OF YOUR NEW FAVOURITE PROTEIN WITH JOHN WEST WILD ALASKA RED SALMON

The difference between fuel and food blurs when you're choking down your sixth chicken breast of the day. So upgrade your nutrition (without paying a premium) with John West wild Alaska red salmon, the flavourful protein-packed way to feed your muscle. It's fished, not farmed, and canned the same day so no nutrients are lost. Sustainable and brain-boosting, wild Alaska red salmon is the smarter choice for bigger gains. Your muscles will thank you.



WILD ALASKA SALMON HASH WITH FRIED EGG

SERVES 4
PREPARATION TIME 15MIN
COOKING TIME 25MIN

INGREDIENTS:

- 2 x 213g cans of John West wild Alaska red salmon
- 1kg new potatoes, cut into chunks
- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 tbsp fresh thyme or parsley, chopped
- 4 eggs
- Salt and black pepper

COOK'S TIP:

If you have them, make and serve the salmon hash in individual pans

METHOD

Open the salmon, keeping the natural oils as they are also full of goodness. Remove any skin and bones (or opt for 170g cans of John West skinless and boneless wild Alaska red salmon). Break the salmon into chunks.

Cook the potato in lightly salted boiling water for 10 minutes, until tender. Drain well. Heat the olive oil in a large frying pan. Add the onion and potatoes and fry for about 10 minutes, stirring often until golden brown. Stir the salmon and thyme or parsley into the potato mix, then make four spaces.

Crack the eggs into these spaces and cook over a low heat for about 6 minutes until the eggs have set. Season and serve at once.



10 REASONS TO EAT WILD ALASKA RED SALMON

1 **Wild and free.** Unlike farmed fish, wild Alaska salmon only roam icy Pacific waters.
2 **Low in fat.** That freedom makes it super lean and packed with the protein it needs to keep swimming.
3 **High in omega-3.** This healthy fat keeps your mental muscle as strong as your arms.
4 **High in protein.** With 21g of good stuff per 100g, it's the perfect portable post-gym fuel.
5 **Vitamins and minerals.** Wild Alaska salmon offers a spectrum of A, B, C and D vitamins plus anti-cancer mineral selenium.
6 **Versatile.** Try it for breakfast, dinner or as a post-gym snack. Beats a gritty shake.
7 **Delicious.** Wild Alaska salmon is a tastier (and less fattening) alternative to tuna that you don't have to mask with mayo.
8 **Truly sustainable.** The flavour's sweetened knowing Alaska's sustainable fishing means salmon will still be swimming in a century.
9 **100% natural.** Note the absence of any pesticides or preservatives.
10 **Quality.** It's caught and canned the same day, so all those nutrients are kept locked in.

WIN A YEAR'S SUPPLY OF JOHN WEST WILD ALASKA RED SALMON

Head to **menshealth.co.uk/alaskasalmon** to be in with a chance of winning a year's supply of wild Alaska red salmon. With a can a day to support your work in the gym, building a new you just got a lot easier.



FIND MORE WILD ALASKA SALMON RECIPES AT ALASKASEAFOOD.ORG.UK

BEAT THE HEALTH WRECKER

SCIENCE IS WINNING THE BATTLE TO CURE TESTICULAR CANCER. BUT AS CASES SURGE, VIGILANT MEN MUST TAKE THE MATTER IN HAND

As a football fan I loved watching John Hartson, right back from the time when Harry Redknapp bought both him and Paul Kitson mid-season in a desperate bid to score West Ham out of the bottom three. Crazily it worked. He never played for my team (though as a Catholic Scouser, I've always kept an eye out for Celtic) but I loved him because he played like a fan. He bustled and barged; he seemed to argue with everyone; and in a world of preening floppy-haired divas he looked like a brickie who'd jumped out of the crowd to spur them into action.

Most importantly, he understood that people paying to watch games love to see goals. He could look almost awkward with the ball at his feet, pushing past defenders as if he was trying to force his way into a nightclub, but give him a glimpse of the net, and his shot was hard, straight and true. The goal he scored to knock Liverpool out of the UEFA cup in 2003 was a peach. An audacious run along the front of the penalty area that left the defence for dead, finishing with a rocket that Cristiano Ronaldo would have been pleased with. I sort of clapped, but wished he could have done it to someone else.



Deputy Editor Mike Shallcross stares down our assassins

NAME
TESTICULAR CANCER

RANKING The most common cancer for men 15-49

THE MH PRESCRIPTION
Grab the balls with both hands

UNCHECKED GROWTH

But in all those years, when John was doing what he did best, a little bastard called cancer was doing what it does best – building a dystopia inside his body. It established a bridgehead inside one of his testicles and then located its own pathways to spread elsewhere. The worst thing was, it was doing it in plain sight. "I'd been aware of two nut-shaped lumps on my testicles, but for several years I didn't think anything of them," he says. "I was living a normal life, training every day and scoring goals. The lumps were getting bigger, but it didn't occur to me that it was a sign of anything."

In the years when the cancer was growing John scored 100 goals for Celtic, another dozen or so for Wales, and made a brief return to the English leagues before retiring to forge a media career. Then in 2009, he started to have headaches, which paracetamol wouldn't ease. As is so often the case, his salvation was his wife who told him to see the doctor when he told her about the lumps. By this time the cancer had spread to his lungs and his brain. It was, he tells me, "five or six years" since he'd noticed the initial signs. "My message to men is to check regularly, and go to the doctor if you find anything different," he says. "I went through 65 courses of chemotherapy and two brain operations, all of which I could have avoided had I gone to the doctor earlier."

96%
Five-year survival rates for men with testicular cancer (up from under 70% in the '70s)

4X
The increased likelihood of you contracting the disease, if you're white

PORTRAIT OF A KILLER

Arguably, testicular cancer's a profile is out of proportion. It accounts for just 1% of male cancers, but a number of high-profile sportsmen – including Bob Champion, Jimmy White and Lance Armstrong – have suffered from it, meaning it's more likely to be reported upon. However, it's a disease which predominantly preys on those in the prime of life – it has the highest rate of incidence in men aged 15-49. And the bad news is it's going up. "In the last 30 years, incidences of testicular cancer in the West have almost doubled," says Dr Claire Turnbull, a senior researcher at the Institute of



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WITH FORETHOUGHT, THIS CANCER NEEDN'T BEFALL YOU

Cancer Research and lead researcher for Movember's Testicular cancer programme.

Its cause is a mystery. "A family history will raise your risk by six to eight times, and your risk increases five times if you're born with undescended testes," says Turnbull, which suggests that it's down to getting a bad ticket in the grand genetic lottery. But this doesn't explain the doubling of cases in such a short space of time. "That would indicate something environmental," says Turnbull.

Now for the good news: far fewer men are dying of it. There are rarely any absolutes in cancer-world, but present to a doctor in a timely fashion, and you're almost guaranteed to be cured.

I went through 65 courses of chemotherapy and two brain operations I could have easily avoided"

The reasons for this are, appropriately, twofold: firstly, by virtue of being outside your body, lumps are far more noticeable, and secondly the disease responds very well to chemotherapy. "Germ cells, which are responsible for 90% of testicular cancer, are very sensitive to platinum. That's why you've had these incredible success stories like Lance Armstrong," says Turnbull.

Standard treatment is – brace yourself, – the removal of the offending testicle, with between ½ and ⅔ of patients receiving follow-up chemotherapy. There's concern over the effects on fertility, particularly from younger patients, but to quote Lee Marvin's Sergeant in *The Big Red One*. "That's why they give you two, soldier."

"Most men are still able to father a child after testicular cancer treatment," says John Newlands, an information nurse specialist at Macmillan Cancer Support. "However sperm banking is usually offered before surgery, even if the chances of becoming infertile are low."

CHECK YOURSELF OUT OF THE DANGERZONE

Keep yourself in the clear by performing this exam monthly

01
The best time to check is during or right after a warm bath or shower, when the skin of the scrotum is relaxed.

02
Hold your scrotum in the palm of your hand, and use your digits to examine each testicle. Feel for lumps and anything unusual.

03
A normal testicle should feel smooth and firm (but not hard). The epididymis feels like a soft tube. Lumps on it are common.

04
Most lumps aren't cancer. But it's very important you have anything unusual checked by your doctor as soon as possible.

John Hartson is living proof of this, last year fathering his fifth child, though it's his first since his illness was treated. He also got the all-clear from the disease, but says he took that in his stride. "I wouldn't say I was elated, but it was a good day."

A RETURN TO RUDE HEALTH

Since his recovery, he's combined his straight-talking but always thoughtful punditry for the BBC with running the John Hartson Foundation, a charity dedicated to helping men with testicular cancer. "I want to raise millions," he says, striking an evangelical, almost spiritual note. "A lot of people thought I was going to die, and I came very close to leaving this place, but something was helping me. There's a reason I'm still here and I want to give something back."

Fittingly, on the day I speak to John, the combative Newcastle midfielder Jonas Gutierrez made his return to football after being treated for testicular cancer. The cheer he got from all corners of St James Park was truly inspiring. But that was where the fairy tale ended. Two minutes after coming on he was booked, and Newcastle went on to lose to a late scrappy goal.

Unromantic I know, but in a way it was the perfect parable. Much the same as in life, there are no guardian angels to protect you from this cancer. Your survival is in your own hands. Check yourself before you wreck yourself.

4%
The percentage of lumps in the testicles which turn out to be testicular cancer

2300
The average number of men in the UK diagnosed with the disease every year

ILLUSTRATION: THOMAS BURDEN AT HANDSOMEFRANK


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Men'sHealth

BODY 20



PHOTOGRAPHY BY DAVID CLERIHEW
WORDS BY PAUL WILSON



ISSUE 15

WINNERS ARE NO ONE SHAPE. TEN OF THE FINEST TELL US HOW THEIR BODIES BRING GLORY

01

LEWIS HAMILTON

30
FORMULA 1 DRIVER
174CM, 69KG

"I really hope these photos are good," says a shirtless, solemn-faced Lewis Hamilton. He pauses. The room pauses with him. He grins just a little. "I'm single and I need some new ones for Tinder."

'Lewis Hamilton arrives at a London hotel after flying in from Spain to reportedly salvage his relationship with Nicole Scherzinger.' These are the words *Mail Online* runs on the morning of the reigning Formula 1 World Champion's self-deprecating crack. They are untrue. He has flown in to do something more surprising: to be photographed, sans T-shirt, for the cover of *Men's Health*.

It's common knowledge that Formula 1 drivers are in possession of hands, necks and heads, because we see them poking out of race suits in press conferences and tailored suits at awards ceremonies. The rest of their bodies stay hidden behind shapeless, loose-fitting overalls. Legendary driver James Hunt, in his late-'70s pomp, was not averse to having his photo taken bare-chested – generally in the company of semi-clad models, and with either booze or fag or both in hand. But, as the facts of this sentence plainly denote, they were different times. Today's champion drivers are more serious, more health-conscious, more clothed.

HIS CROSS TO BARE

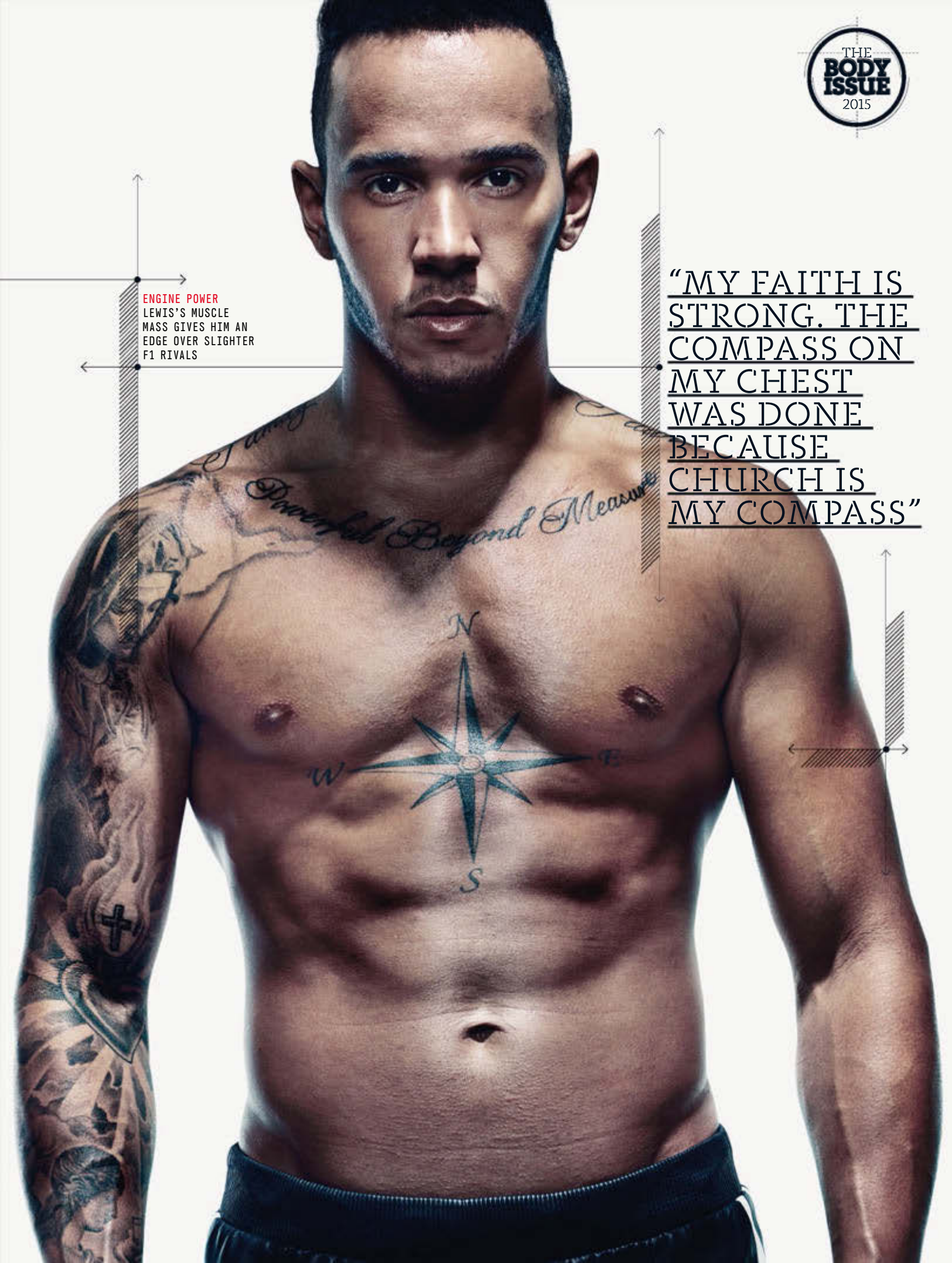
After the shoot, Hamilton sits down over his lunch – chicken breast, tomato salsa, vegetables, glass of water – and *Men's Health*'s tape recorder. "Well, that was definitely a new experience," he says, knife and fork ready to go. (At no point does Hamilton speak with his mouth full. He has impeccable table manners.) "I'll be interested to see how it will come out. I'm really conscious of making sure it looks right. Sorry, one second..."

He downs cutlery, bows his head and says grace silently, crossing himself once at the beginning and once at the end. He continues, "...Yes, it's one thing to pose for shots, another to pose for them half-naked." By taking his shirt off, he reveals far more about himself than how well his training's been going. "I love my ink," Hamilton says. "They all have a meaning. I'm very strong in my faith, so I wanted to have some religious images. I've got *Pietà*, a Michelangelo sculpture of Mary holding Jesus after he came off the cross, on my shoulder. A sacred heart on my arm. Musical notes, because I love music. The compass on my chest is there because church is my compass."

He continues, moving his hand over his arms, chest, back and shoulders: "Family is everything for me, so I have 'family' written on the top, across my shoulders. 'Faith', obviously. And I have 'powerful beyond measure' written on my chest – it's a short bit I took out of a quote, from the writer Marianne Williamson. On my back I have the cross and angel wings: rise above it, no matter what life throws at you. And also, you know, Jesus rose from the grave."

His candour might seem surprising, but then again, Hamilton has thrived on defying expectations. The mixed-race kid from Stevenage with a fifth-hand go-kart who went on to win motor

STYLING: STEVEN BUCHAN | STYLIST'S ASSISTANT: SHARON AGRICOLE | TRACKSUIT BOTTOMS DSQUARED2.COM
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ENGINE POWER
LEWIS'S MUSCLE MASS GIVES HIM AN EDGE OVER SLIGHTER F1 RIVALS

"MY FAITH IS STRONG. THE COMPASS ON MY CHEST WAS DONE BECAUSE CHURCH IS MY COMPASS"



racing's biggest prize. Twice (and counting). A man of great faith who is immersed in sport's most scientific, leave-nothing-to-chance environment.

THE WINNING FORMULA

"The way I look at it," he says of his faith, "Formula 1 is dangerous. People have died in this sport. A serious crash happened last year, which has left a great young lad seriously injured." He's referring to Jules Bianchi, who is still unconscious in hospital after crashing at the Japanese Grand Prix last October. "So I stay strong with my faith. I've come from nowhere. I feel really blessed to be here. I think there's a reason I'm here."

Hamilton is also Britain's richest active sports star, worth £68m according to a report last year, with sports industry analysts predicting that he could go on to be the highest-earning British sportsman ever, leaving current rich-list rivals such as Gareth Bale, Rory McIlroy and Andy Murray nowhere, and making even David Beckham's millions look modest.

His recent Formula 1 record, like that of all other current drivers, took a back seat to Sebastian Vettel's four championships in a row for Red Bull from 2010 to 2013, but Hamilton's world championship victory last season brought him back into the spotlight. He's now fifth on the all-time list of Grand Prix wins, with 33 victories; if 2015 pans out for him like 2014 did, he could go to third all time, behind only Alain Prost and Michael Schumacher. He has taken pole position in a quarter of his Formula 1 races – only five other drivers can beat that; he's the only Formula 1 driver to have won a race in each of his first eight seasons; and was the first person to stand on the podium in the first nine races of his rookie season. His list of accolades and achievements is longer than his heavily tattooed arm.

In January this year came another milestone: turning 30. "I didn't feel great coming up to it, especially the hours before, thinking, 'These are the last moments in my twenties.' Since I've turned, I don't feel any bloody different. Don't feel any older at all."

Part of that will be the fact that he is as fit, if not fitter, than he was a decade ago. "Well, I'm an athlete, but people tend not to see that with F1 drivers. I train to quite an intense level because Formula 1 is so physical – the G-forces, the demands on your body. Your heart rate is 150, 160 through the whole race. On qualifying lap your heart rate can be up to 180, 190, under tough conditions.

"Every year you've got to be as light as you can. There's a certain weight limit, depending on how heavy the car can be. Last year I had to lose six kilos, I went from 73kg to 67kg. It was hardcore; I didn't have much to lose as it was. So I train a lot." Working out has other benefits too, especially when you live your life in the public eye. "Going for a really long run, a bike ride or cross-country skiing helps me get away from all the noise. I tell myself, 'The pain you're feeling, just enjoy it because it's

"I'M AN ATHLETE, BUT PEOPLE TEND NOT TO SEE THAT WITH FORMULA 1"



going to help you across that finish line first.' If you're having a crap day, go for a run. It makes a big difference."

A PAIN IN THE NECK

The morning after a race, Formula 1 drivers are sorest in the neck. Every time the drivers brake and turn into a corner, they experience G-forces between 3.5kg and 6g. That's greater than a space shuttle on re-entry. In his younger days he wore his helmet as often as he could – once even affixing a 10kg weight on the top while wearing it – building up his neck muscles, and attracting quizzical sideways glances from passers-by in the process. These days, instead, he says, "you can add 10kg to the top of the helmet, which makes it about 13kg, then lie down on the edge of a weight bench and lift with your neck in all different directions. But even then, when you drive the car for one day, your neck is sore like you've never done a workout with it". All this talking means that Hamilton's lunch is going cold. "It's fine. I don't really eat much anyway," he says. Honestly? "Sometimes you have a day when you can't be bothered with the regime, you just want to stay on the couch, watch TV and eat junk. Those days are rare, though." He says he has given up fizzy drinks because he feels "so much fresher. Little differences like that count for something."

CHANGING GEARS

Formula 1 is not necessarily a young man's game and Hamilton, having achieved so much in his twenties, is already one of his sport's all-time greats. But with all the training and advances in car safety, going into the 2015 season, his ninth, does he see himself doing nine more?

"I don't think so. There are so many great things about racing, but it's a long year, man. You start training in December, start testing end of January and through all of February, then you go to the season. In the season, you're gone for a month-and-a-half, then you come back for a few days and you're gone again. You're constantly travelling. Formula 1 doesn't stop. When the season ends, the next day I'm in the factory doing the seat fit for next year's car with the engineers. I don't know if I'll do another nine years of that."

He talks passionately about music, not as his next career move, but as a sideline that helps him relax. He's written 80 songs, in several genres, and works on them when he can, even booking studio time for Sunday nights after races, when other drivers might be out celebrating, or recovering. "You know people don't like hearing the sound of their own voice on video footage? Well I'm very, very much the same when it comes to my music. When you hear Adele or Beyoncé, you want to cry. They are in the Premier League. I... I plan to be... in a decent league."

But first things first: "It's another year. The car is better and I want to win."

02

RICHARD WHITEHEAD

38, RUNNER

188CM, 80KG

To hold world records at two distances is one thing; to set those marks in the 2010 Chicago marathon and the 200m at London 2012 is quite another.

Why did you switch events?
The Paralympics don't want a lower-limb amputee marathon [Whitehead was born without his lower legs]. I had to make a massive physical transformation. I weighed 59kg when running marathons; when I won in London I was 79kg. That's a lot of time in the gym, and a lot of chicken and eggs.

How did your body react to the physical changes?
Initially, I found it hard. I went from someone who'd do 90 miles a week on the road to 1000m on the track.

Have you cut down on training?
I'm older, so I need to be wiser about when I do it, but if I don't train, I feel sluggish. I still do a road run every night. I also swim, and fit in three track sessions and three strength and conditioning sessions a week.

What are the most valuable lessons you've learned about your body?
To be patient with my progress and to understand what success looks like. It's about achievable goals, not just medals. Before 2012, my performance director said I was too old, that other athletes had better ability. After I won, I told him: "Never doubt me" (with an expletive or two). But without the challenges I've had to overcome, I wouldn't be successful.

MARATHON MAN
WHITEHEAD WAS THE FIRST LEG AMPUTEE TO BREAK THE 3-HOUR MARK

GROOMING FOR WHITEHEAD AND TANCOCK: CRYSTABEL RILEY AT STELLA CREATIVE ARTISTS USING AVEDA

"I LISTEN TO MY BODY. IF I FEEL HUNGRY MID-SWIM, I'LL GET OUT AND EAT"

HIPS TO BE SQUARE
ATYPICAL PROPORTIONS HAVE PROPELLED TANCOCK TO 23 INTERNATIONAL MEDALS

03

LIAM TANCOCK

29, **SWIMMER**
184CM, 87KG

Britain's most successful aquaman of the last decade won world championship golds in 2009 and 2011 and holds the long-course record in 50m backstroke.

Why don't you have the traditional 'triangular' swimmer's body?
Now that we know you need more leg power in the pool, a square shape is better. Some butterfly swimmers do still have that big-shouldered look, but they're dragging themselves through the water.

How do you stay in shape?
I listen to my body. If I feel hungry mid-swim, I'll get out and eat. Routine is important, but knowing what your body needs is just as crucial.

What about when your body isn't cooperating?
I can get in the water feeling fatigued, but still end up doing something special. If you can knock out one good set when you're not feeling it, you've turned a disadvantage into an asset.


LEAN MACHINE
MIRROR MUSCLES
WOULD WEIGH
FROOME DOWN ON
MOUNTAIN ASCENTS



GROOMING: LINDA JOHANSSON USING MYORGANICSUK.COM

04

CHRIS FROOME

29, ROAD CYCLIST

186CM, 72KG

The 2013 Tour de France champion crashed three times defending his title last year; in February he showed he's back to winning ways, at the Ruta del Sol stage-race in Spain.

How would you describe your body?
Luckily, I've always been lean and skinny with long, skinny limbs. It bodes well for professional cycling, especially the kind of cycling I need to do in the mountains.

Is it easy for you to stay lean?
No. I think hard about the quality of the food I'm eating; I choose organic fruit, vegetables and meat wherever possible. It's a common misconception that just because we're training five or six hours a day we can eat what we want and burn it off. It really is a case of watching every little thing you put in your mouth and considering how it can benefit you. Your body will respond to small tweaks.

What's your typical training routine?
I train on the bike and I get in the gym five times a week, mainly to work on my core stability, leg strength, plus some back work. A lot of squats and lunges, no heavy weights. My workouts are more about building strength than gaining muscle. We also weave some yoga postures into our stretching.

Are you happy with your body?
It's a long process for me to feel that way – I spend several months each year in a building phase, working toward the Tour. But once I get there, it's amazing. I can feel my body ticking over, as if everything is working exactly the way it should be. For me, there's no better feeling than reaching that point.

"WE CAN'T EAT WHAT WE WANT JUST BECAUSE WE TRAIN SIX HOURS A DAY"

"I STARTED AT SIX AND HAD AN EIGHT-PACK AT NINE. WHEN I WAS 11, I WAS DOING 40 HOURS A WEEK IN THE GYM. IT'S BRUTAL"

READY FOR THE FLOOR
OLDHAM BUILDS GYMNASTIC POWER WITH SQUATS, BOX JUMPS AND LEG PRESSES

GROOMING FOR OLDHAM, WELBECK, YULE AND TWELVESTREES: ANDRIANI VASILIOU AT STELLA CREATIVE ARTISTS USING KIEHL'S SINCE 1851 AND BUMBLE AND BUMBLE

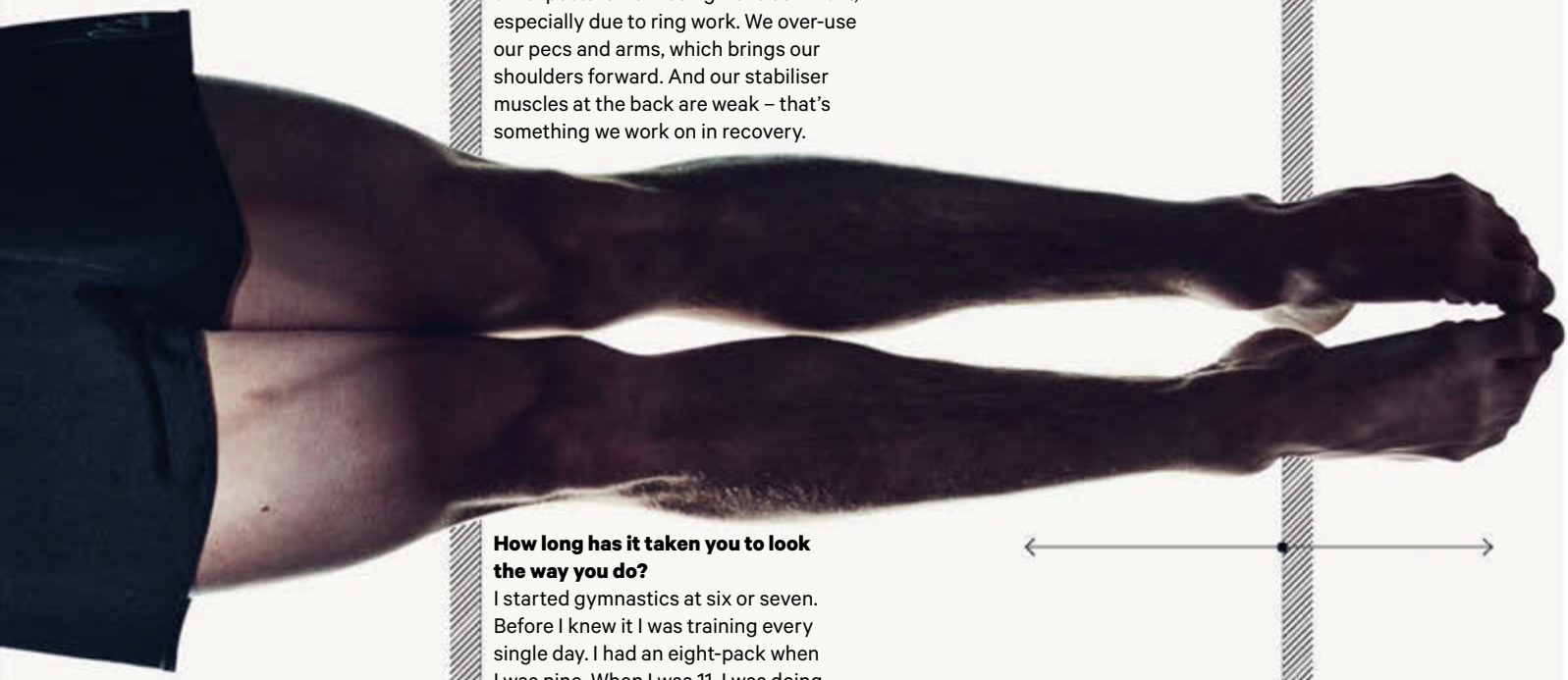
05

SAM OLDHAM

22, GYMNAST

168CM, 62KG

The youngest member of the bronze medal-winning team at London 2012, Oldham is already one of the most successful – and heralded – athletes in British gymnastics history.



How would you describe your body?
Male gymnasts are known for having massive upper bodies, but we also have awful posture from being front-dominant, especially due to ring work. We over-use our pecs and arms, which brings our shoulders forward. And our stabiliser muscles at the back are weak – that's something we work on in recovery.

How long has it taken you to look the way you do?
I started gymnastics at six or seven. Before I knew it I was training every single day. I had an eight-pack when I was nine. When I was 11, I was doing 40 hours a week in the gym. Brutal.

Have you passed your peak?
No way. It can take 20 years to become Olympic champion. I'm only 22 as it is. When I was younger I won everything. My coach was interviewed and said, "100%, he'll be the Olympic champion," and I thought, Wow, how does he know? I felt a lot of pressure.

How do you cope with such high expectations?
I used to be scared of failure. Now, I think there's no reason I *should* fail; I've done the routines a thousand times. I've been to the Olympic games. But it's only this last year I've felt psychologically ready to compete with the best in the world.


GOLDEN BOOT
WELBECK PERFORMS
100KG WEIGHTED
SQUATS TO POWER
HIS STRIKES
"I DO A LOT OF
BODYWEIGHT
STUFF. I DON'T
REACT AT ALL TO
HEAVY WEIGHTS"



06

DANNY WELBECK

24, FOOTBALLER

184CM, 72KG

Manchester United manager Louis van Gaal famously claimed Welbeck was fit only to be a substitute. He responded with his feet, by knocking his old club out of the FA Cup in March.

Which of your physical attributes do you work on the most?

As a striker, I need to plant both legs, to use either foot, and I need to be powerful. Football keeps me fit, but in the gym I focus on strengthening my leg muscles and preventing injuries. There are times I want to train harder, but we're not allowed to do more than the coaches want – it's about knowing what's *right*, not necessarily what you want.

Do you compare your fitness to that of your teammates?

On the bike in the gym, say, I look at someone like Jack Wilshere and his thighs are one-and-a-half times the size of mine. He's just got so much power. I might be pedalling faster than him, but with the power he's pushing, he always outdoes me by a second.

How do you build more strength?

I do a lot of bodyweight stuff – my body does not react at all to heavy weights. I'm naturally lean. That's down to my mum and dad, my genetics. I'm lucky to have that in some respects, though. It means I can eat what I want and I never put on weight. I don't give up desserts. Chocolate fondant... order one in now and I'll eat it!

DANNY WELBECK WEARS SHORTS NIKE.COM



BENCHMARK
POWERLIFTER YULE IS GOING FOR GOLD AT THE RIO PARALYMPICS

"I USED TO THINK I WAS PUSHING MYSELF – BUT NOW I CAN LIFT 20KG-30KG MORE THAN I WAS LIFTING BEFORE"

07

MICKY YULE

36, POWERLIFTER
173CM, 68KG

On 1 July 2010, Staff Sergeant Michael Yule was two months into a tour of Afghanistan. As a search advisor with the Royal Engineers, his job was to find and clear bombs. That day, a Thursday, he stood on a pressure plate IED. He was conscious throughout his first aid after the explosion. Seeing the blood flow out, he later recalled, was like "watching your life drain away".

On 2 August 2014, Micky Yule from Musselburgh is representing Scotland at the Commonwealth Games in para-powerlifting, the heavyweight category. Yule shuffles out of his wheelchair and is strapped to a bench. Seconds later, he presses 177kg. He earns fourth place.

"I tore my pec five weeks before the Games," Yule says. "It sounds strange, having been blown up, but I'd never had an injury in that way. It ruined something that should have been brilliant." But failing to get a medal at home is driving Yule to bigger things. "The Rio Olympics qualifying period finishes in February 2016," he says. "I have three competitions. That's it. Three lifts per comp, nine in total. Each lift lasts two seconds. I have 18 seconds to change my life."

Yule wasn't new to lifting; he was a member of the Army's powerlifting team. But his rehab programme with Help for Heroes took his training to the next level. "In my head, I used to think I was pushing myself – but now I can lift, 20-30kg more than I was lifting before."

Today, Yule doesn't lack motivation, and he has the physical tools to go with the mental fortitude. Yule couldn't have won gold in Glasgow – Commonwealth heavyweight para-powerlifting has no upper weight limit, so he's competing against bigger men. But his PB of 188kg, set just before his pec tear, would have given him silver. At the Rio Paralympics, evenly spread weight categories mean he is aiming for the 65kg-and-under gold medal. You would not bet against him.

Visit helpforheroes.org.uk/sports-recovery for info or to donate

MICKEY YULE WEARS SHORTS NIKE.COM

08

LIAM PHILLIPS

26, **BMX RACER**

181CM, 86KG

Bad times: crashing out of London 2012. Good times: the Somerset cyclist was BMX world champ in 2013 and 2014's BMX World Cup winner.

What do you need from your body to race a BMX bike?
My sport is power- and speed-oriented. From the Beijing to London Olympics, I gained over 12kg of lean mass to compete with the best in the world.

How do you develop more power?
I spend six months in the off-season making my leg muscles as big as possible. My legs aren't naturally this size, so I have to work hard for it. We all get an email from British Cycling at Christmas saying, "Don't overeat", but that doesn't apply to me. I have to eat so much to keep my muscle mass up.

What do you do to keep your legs big?
Squats and deadlifts. We have a cool machine at the gym called a MyoThrusta, which puts your legs through a range of movements very similar to a squat.

Do you feel competitive about the way your physique looks?
Other nations' athletes look like Navy Seals, but it can be all show and no go. I might have 5kg more fat than they do, but ultimately my power will be superior.

"I HAVE TO WORK HARD TO KEEP MY LEGS THIS BIG"

PEDAL POWER
PHILLIPS IS ADDING WEIGHT TO MAKE HIM THE STRONGEST ATHLETE IN BRITISH CYCLING

LIAM PHILLIPS WEARS SHORTS ADIDAS.COM | GROOMING FOR PHILLIPS AND JOSHUA: KAMILA FORINI

09

BILLY TWELVETREES

26, RUGBY PLAYER

193CM, 106KG

The Gloucester and England centre is club captain and his country's go-to gamechanger, as demonstrated in his off-the-bench work in the Six Nations.

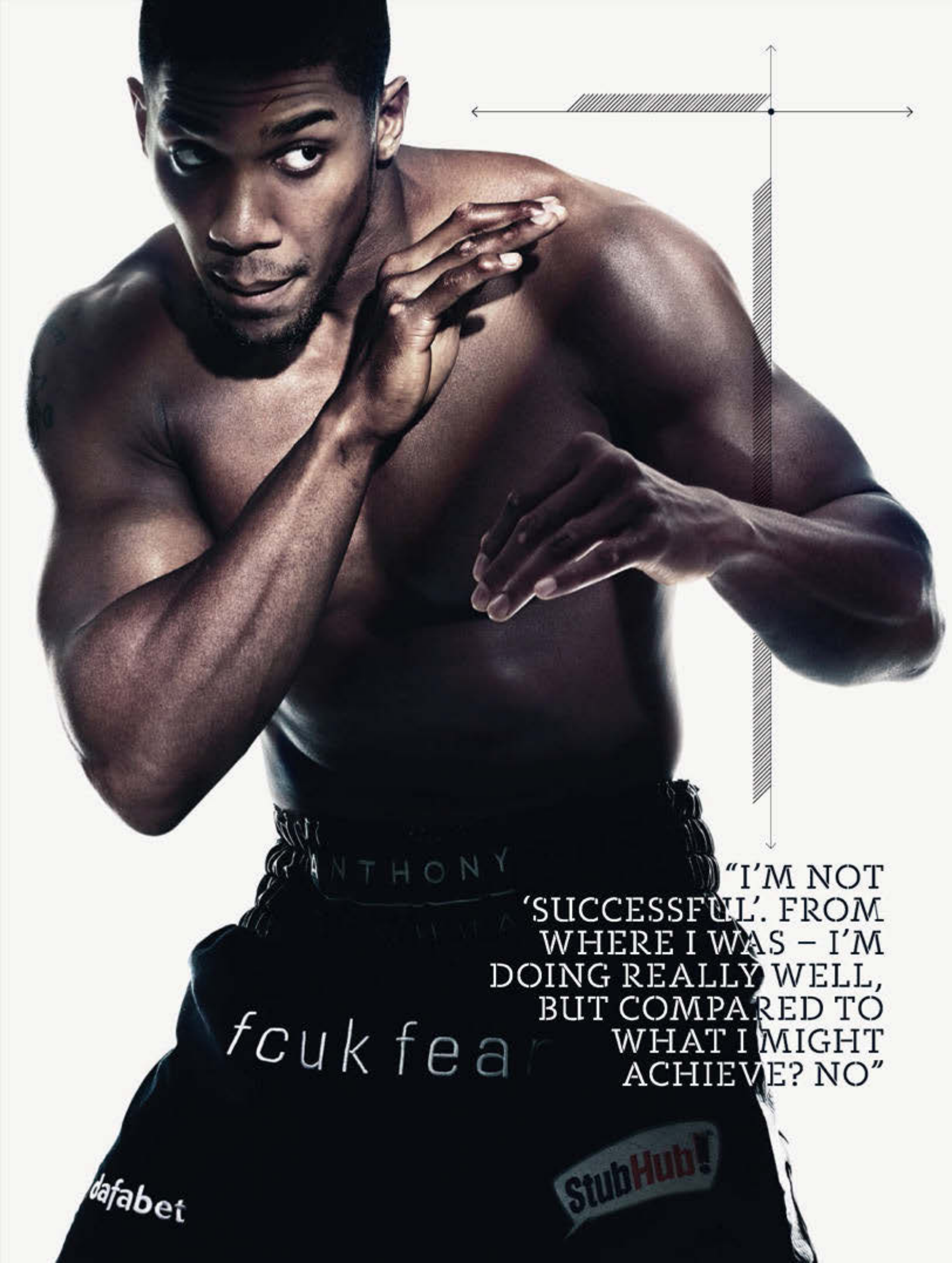
What's your most valuable physical attribute?
Power, which comes from physical training. As a rugby player, it's the one key element you have to work on all the time. Gym work builds a baseline of strength, and you develop explosive power from that base in training.

What have you learned about your body?
That it's not indestructible. It can break. But I've also been amazed at the limits you can reach, when your mind is telling you one thing but your body keeps going. I still haven't found my limit.

So what do you do to be better?
Work on my weaknesses. I get stiff hips from rotation, kicking and running, so I do mobility and strength work to help me be more explosive in my stepping and running. Keeping my core strong enables me to use energy efficiently.

Do you feel conscious of your body's aesthetics?
I'm not competitive about how my body looks, but I enjoy setting goals to be the fittest I can be – if you know you're fresher than the other guy, then you know you can react quicker.

SHOOT FROM THE HIP
INCREASED MOBILITY GIVES TWELVETREES THE UPPER HAND



"I'M NOT 'SUCCESSFUL'. FROM WHERE I WAS – I'M DOING REALLY WELL, BUT COMPARED TO WHAT I MIGHT ACHIEVE? NO"

10

ANTHONY JOSHUA

25, **BOXER**

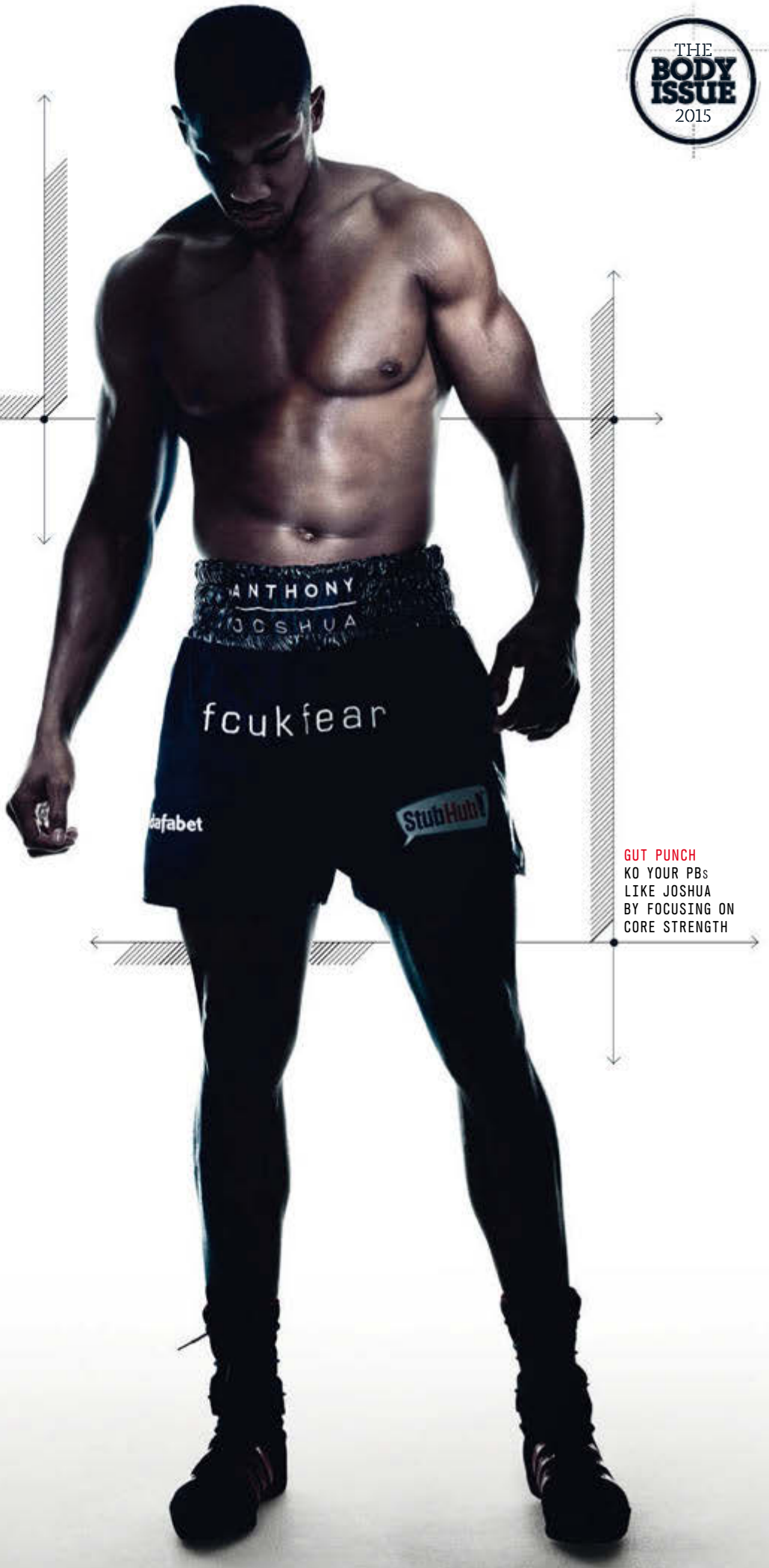
198CM, 108KG

British boxing fans have held Anthony Joshua in high esteem since he won Super Heavyweight gold at London 2012. Since then, he has done little to disappoint them, winning his first 10 pro fights (including a WBC belt in his ninth), all by short-shrift KO.

Joshua is on his feet, towering above everyone in the room by a clear head and shoulders. Adopting a fighting stance – legs slightly bent and planted, dukes up, right hand leading – he pivots slowly at the waist. "Moving side to side, power goes through my glutes, my core. I think, 'How can I transfer all the power and make sure everything is balanced?'" he says. Joshua throws a fast, four-punch combination, then sits down. He likes to accompany words with actions.

"I've been doing a lot of bodyweight core work. Hanging on a bar..." He moves to the edge of his seat, lifts up his huge legs – 17in calves and all – and points them out dead straight, toes up. His arms are straight out in front of him, as if he's hanging on an imaginary bar. He stares down at his stomach. "Because your core is so important. It controls so much. So I hold my bodyweight in the air, with my legs in position."

The increasingly savvy Joshua is using his brain to improve his body, researching techniques used in other sports to help him fulfil his potential – something he believes he remains a long way from doing. "I'm not 'successful'," he says. "From where I was – and what my family are used to – I'm doing really well. But compared to what I *might* achieve? No."

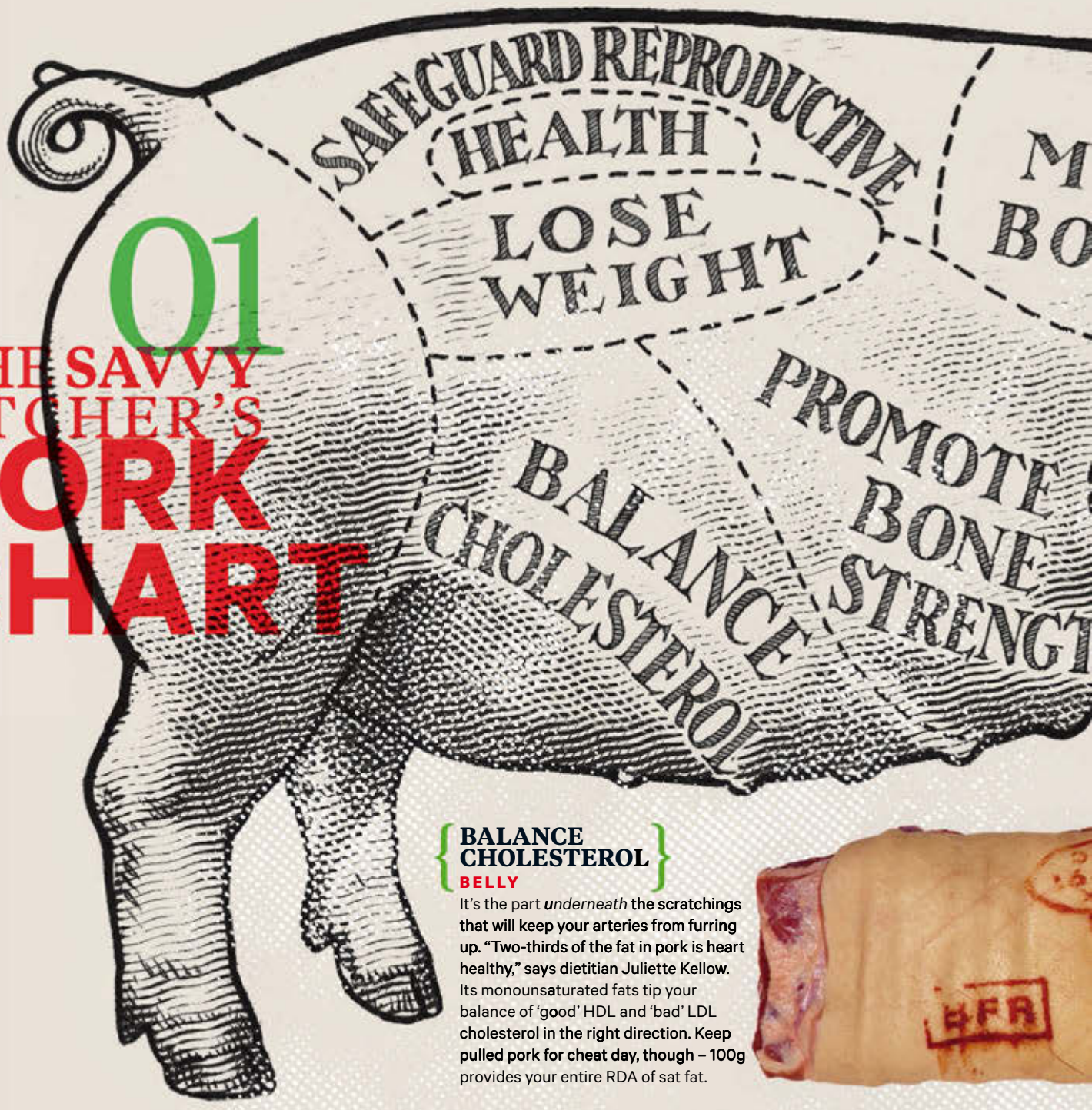


GUT PUNCH
KO YOUR PBs LIKE JOSHUA BY FOCUSING ON CORE STRENGTH

A Cut Above

{ Getting the most from your meat means looking at its impact on more than just your tastebuds. Unlock a whole menu of benefits to body and brain with our guide that redraws the lines of butchery }

WORDS: TOM BANHAM ILLUSTRATIONS: DAVID LAWRENCE



01 THE SAVVY BUTCHER'S PORK CHART

{ BALANCE CHOLESTEROL }

BELLY

It's the part *underneath* **the scratchings that will keep your arteries from furring up. "Two-thirds of the fat in pork is heart healthy," says dietitian Juliette Kellow.** Its monounsaturated fats tip your balance of 'good' HDL and 'bad' LDL **cholesterol in the right direction. Keep pulled pork for cheat day, though – 100g** provides your entire RDA of sat fat.

SAFEGUARD REPRODUCTIVE HEALTH

KIDNEY

Forget the beast with two backs, one pig kidney offers more than your RDA of selenium for developing strong sperm. "It's vital for male reproductive health," says nutritional therapist Jackie Lynch. Pan fry for a natural selenium shot; devour and wipe the juices off your chin before trying to seduce her.





LOSE WEIGHT

FILLET

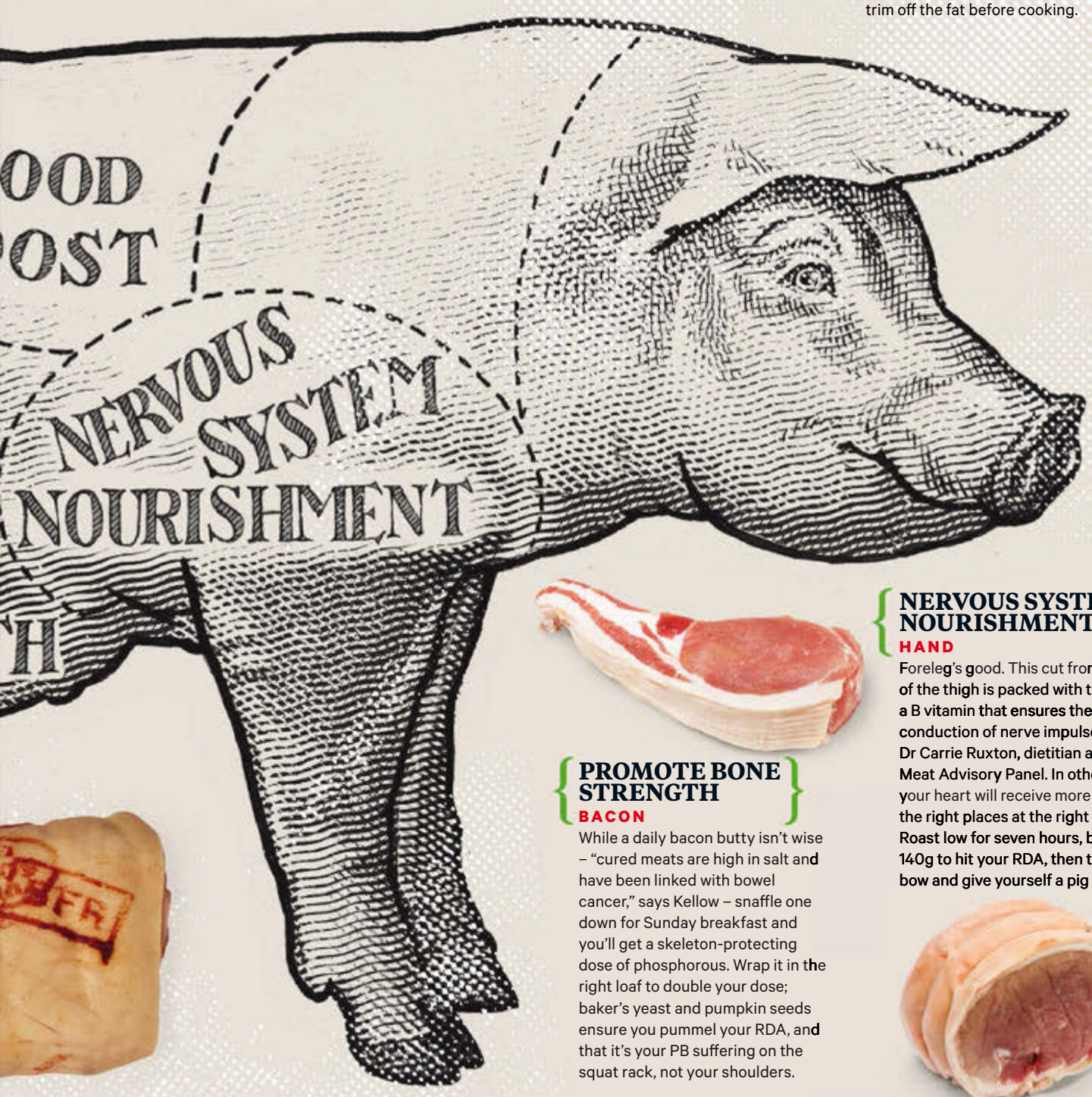
If piglets naturally nuzzle into your belly, it's time to include this cut in your diet. Pork fillet boasts a lower fat percentage than skinless chicken breast. Australian research found upping your muscle fuel intake acts as an appetite suppressor to speed up weightloss. "Grill under a hot heat," says James Mansfield, founder of meat delivery company Field & Flower.



MOOD BOOST

CHOP

Turkey has a rep as the Prozac of poultry, but levels of tryptophan – which the body fashions into serotonin – are actually higher in pork. A study published in the *FASEB Journal* found consuming tryptophan with vit D boosts serotonin concentrations in the brain – your new excuse to break out the barbecue at the slightest hint of sunshine. Opt for leaner cuts and trim off the fat before cooking.



PROMOTE BONE STRENGTH

BACON

While a daily bacon butty isn't wise – "cured meats are high in salt and have been linked with bowel cancer," says Kellow – snaffle one down for Sunday breakfast and you'll get a skeleton-protecting dose of phosphorous. Wrap it in the right loaf to double your dose; baker's yeast and pumpkin seeds ensure you pummel your RDA, and that it's your PB suffering on the squat rack, not your shoulders.

NERVOUS SYSTEM NOURISHMENT

HAND

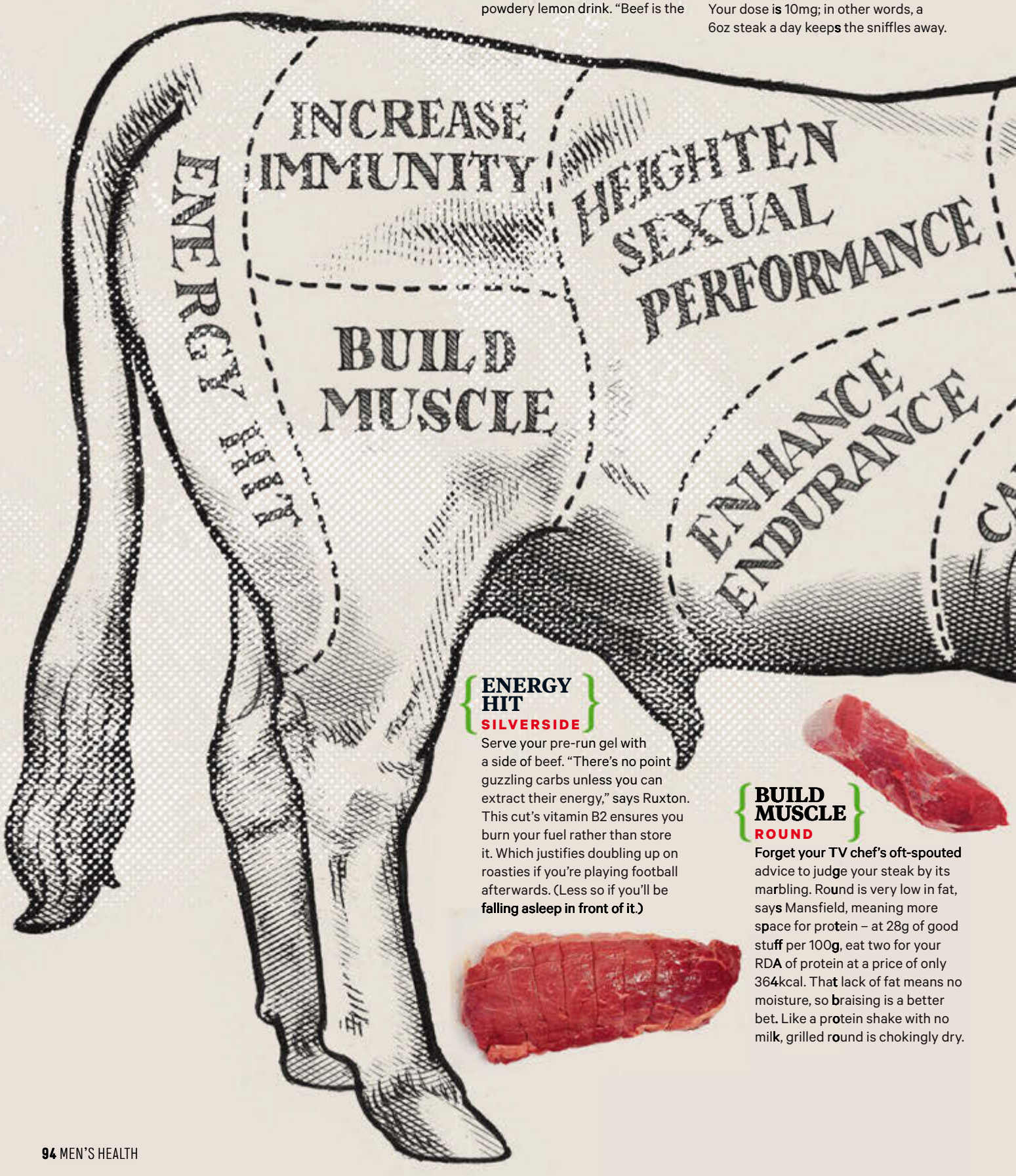
Foreleg's good. This cut from the end of the thigh is packed with thiamin, a B vitamin that ensures the correct conduction of nerve impulses, says Dr Carrie Ruxton, dietitian at the Meat Advisory Panel. In other words, your heart will receive more blood to the right places at the right time. Roast low for seven hours, boar into 140g to hit your RDA, then take a bow and give yourself a pig hand.

*JOURNAL OF THE NATIONAL CANCER INSTITUTE



INCREASE IMMUNITY
RUMP

As Lemsip ads warn, while you're down with man flu, Mark from sales is eyeing up your desk. Rump will outflank him better than any powdery lemon drink. "Beef is the best source of iron and zinc," says dietitian Gaynor Bussell. Crucially, the latter supports your immune system and shortens colds when taken daily. Your dose is 10mg; in other words, a 6oz steak a day keeps the sniffles away.



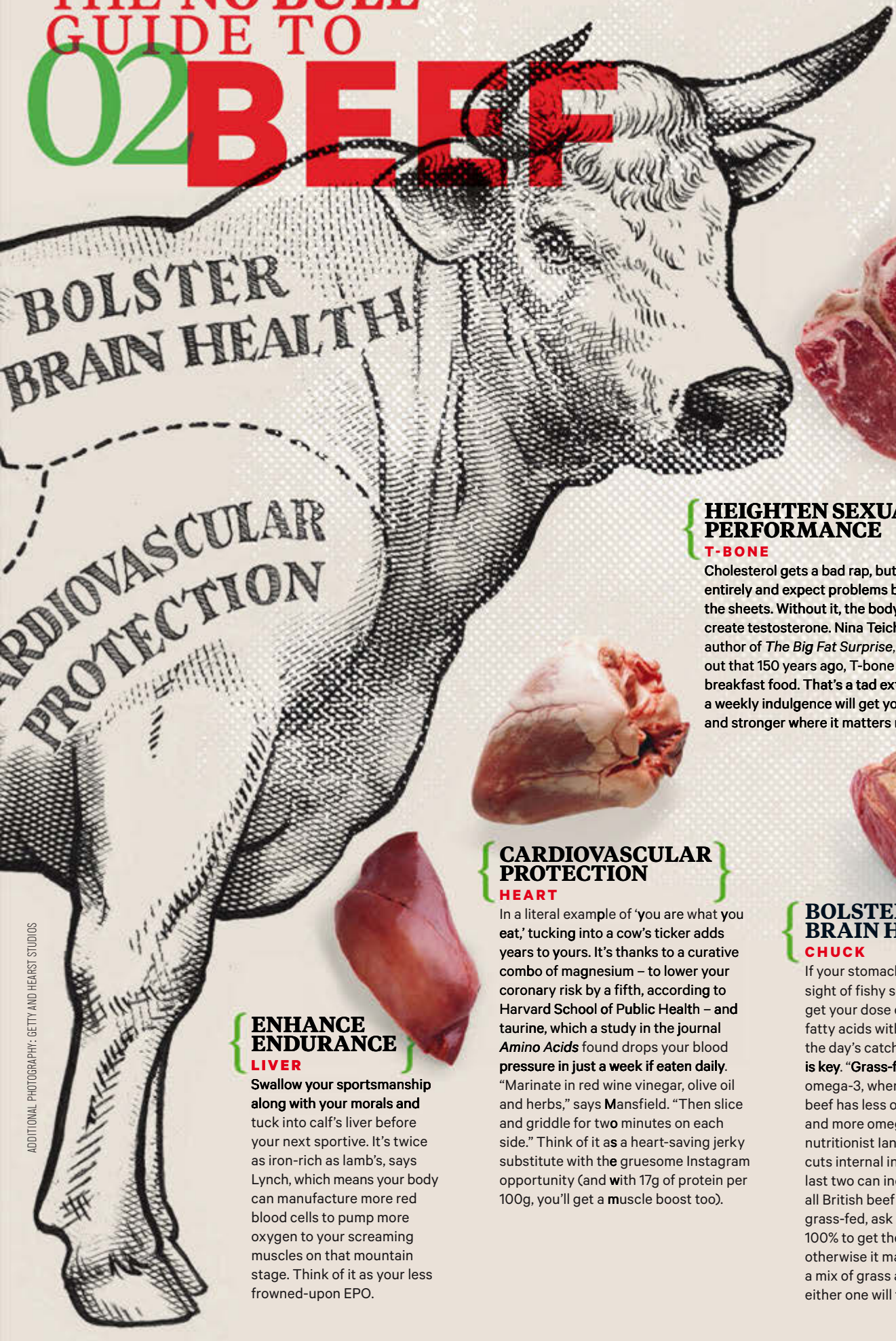
ENERGY HIT
SILVERSIDE

Serve your pre-run gel with a side of beef. "There's no point guzzling carbs unless you can extract their energy," says Ruxton. This cut's vitamin B2 ensures you burn your fuel rather than store it. Which justifies doubling up on roasties if you're playing football afterwards. (Less so if you'll be falling asleep in front of it.)

BUILD MUSCLE
ROUND

Forget your TV chef's oft-spouted advice to judge your steak by its marbling. Round is very low in fat, says Mansfield, meaning more space for protein – at 28g of good stuff per 100g, eat two for your RDA of protein at a price of only 364kcal. That lack of fat means no moisture, so braising is a better bet. Like a protein shake with no milk, grilled round is chokingly dry.

THE NO BULL GUIDE TO 02 BEEF





HEIGHTEN SEXUAL PERFORMANCE

T-BONE

Cholesterol gets a bad rap, but cut it out entirely and expect problems between the sheets. Without it, the body can't create testosterone. Nina Teicholz, author of *The Big Fat Surprise*, points **out that 150 years ago, T-bone was a breakfast food. That's a tad extreme, but a weekly indulgence will get you bigger and stronger where it matters most.**



CARDIOVASCULAR PROTECTION

HEART

In a literal example of 'you are what you **eat,' tucking into a cow's ticker adds years to yours. It's thanks to a curative combo of magnesium – to lower your coronary risk by a fifth, according to Harvard School of Public Health – and taurine, which a study in the journal** *Amino Acids* found drops your blood **pressure in just a week if eaten daily.** "Marinate in red wine vinegar, olive oil and herbs," says Mansfield. "Then slice and griddle for two minutes on each side." Think of it as a heart-saving jerky substitute with the gruesome Instagram opportunity (and with 17g of protein per 100g, you'll get a muscle boost too).

ENHANCE ENDURANCE

LIVER

Swallow your sportsmanship along with your morals and tuck into calf's liver before your next sportive. It's twice as iron-rich as lamb's, says Lynch, which means your body can manufacture more red blood cells to pump more oxygen to your screaming muscles on that mountain stage. Think of it as your less frowned-upon EPO.

BOLSTER BRAIN HEALTH

CHUCK

If your stomach turns at the sight of fishy scales, you can still get your dose of brain-boosting fatty acids without beheading the day's catch. But provenance **is key. "Grass-fed beef contains** omega-3, whereas grain-fed beef has less of the good stuff, and more omega-6 and 9," says nutritionist Ian Marber. The first cuts internal inflammation; the last two can increase it. Though all British beef is labelled as grass-fed, ask your butcher for 100% to get the biggest benefits, otherwise it may have been a mix of grass and cereals. But either one will taste bovine.

ADDITIONAL PHOTOGRAPHY: GETTY AND HEARST STUDIOS

03 THE CONNOISSEUR'S LAMB CUTS



FIGHT DEMENTIA
CHOP

Upping your folic acid intake chops down blood concentrations of homocysteine, a protein linked to heart disease and dementia. Vitamin B12 ensures the good stuff's speedily absorbed and together they produce the catchily named mood booster S-adenosylmethionine. If you're not already halfway through a chop by now, add this: It could be a potential treatment for depression too, according to the *Journal of Psychopharmacology*. Two chops with broccoli provides your RDA of B12 and folic acid.





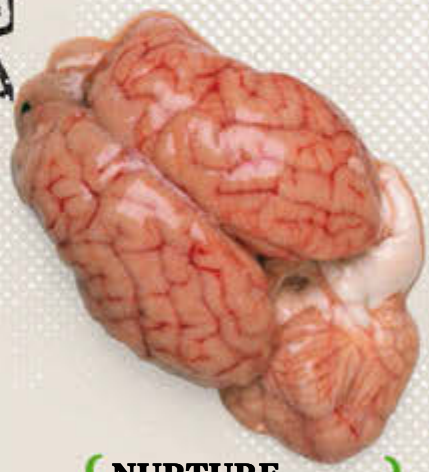
FERTILITY FUEL
SHANK

If your swimmers are more Eric Moussambani than Ian Thorpe, a lamb shank could improve their performance thanks to its high L-carnitine content. Scientists from Hebei Medical University in China found it improved sperm's motility – ie, its ability to move through the female reproductive system – and increased pregnancy rates. Slow cook your shank with red wine and orange; the fruit's vitamin C prevents sperm sticking together and missing their target, according to research published in the *Journal of Medicinal Food*. It's fatherhood in a Le Creuset. Slow cooking ensures the heat-sensitive vit C won't break down (and will make the meat taste better as a bonus).

MAINTAIN MUSCLE
LIVER

Throw away your tanning salon loyalty card: this overachieving offal contains your dose of vitamin D. "Gram for gram, lamb's liver contains more nutrients than any other food," says Mansfield. You'll also support your work in the gym. Being insufficient in the sunshine vitamin is linked to increased muscular fat deposits*; so instead of busting PBs, you'd be reaching for an insulin injection.





FIGHT FATIGUE
SHOULDER

A 150g serving of lamb shoulder provides half your RDA of niacin, a B vitamin that research has linked to improved cholesterol and reduced cardiovascular risk. It also combats fatigue, says Ruxton, by helping convert proteins and fats into energy. Slow roast with rosemary and olive oil on a Sunday to double up your HDL-boosting potential with healthy fats.

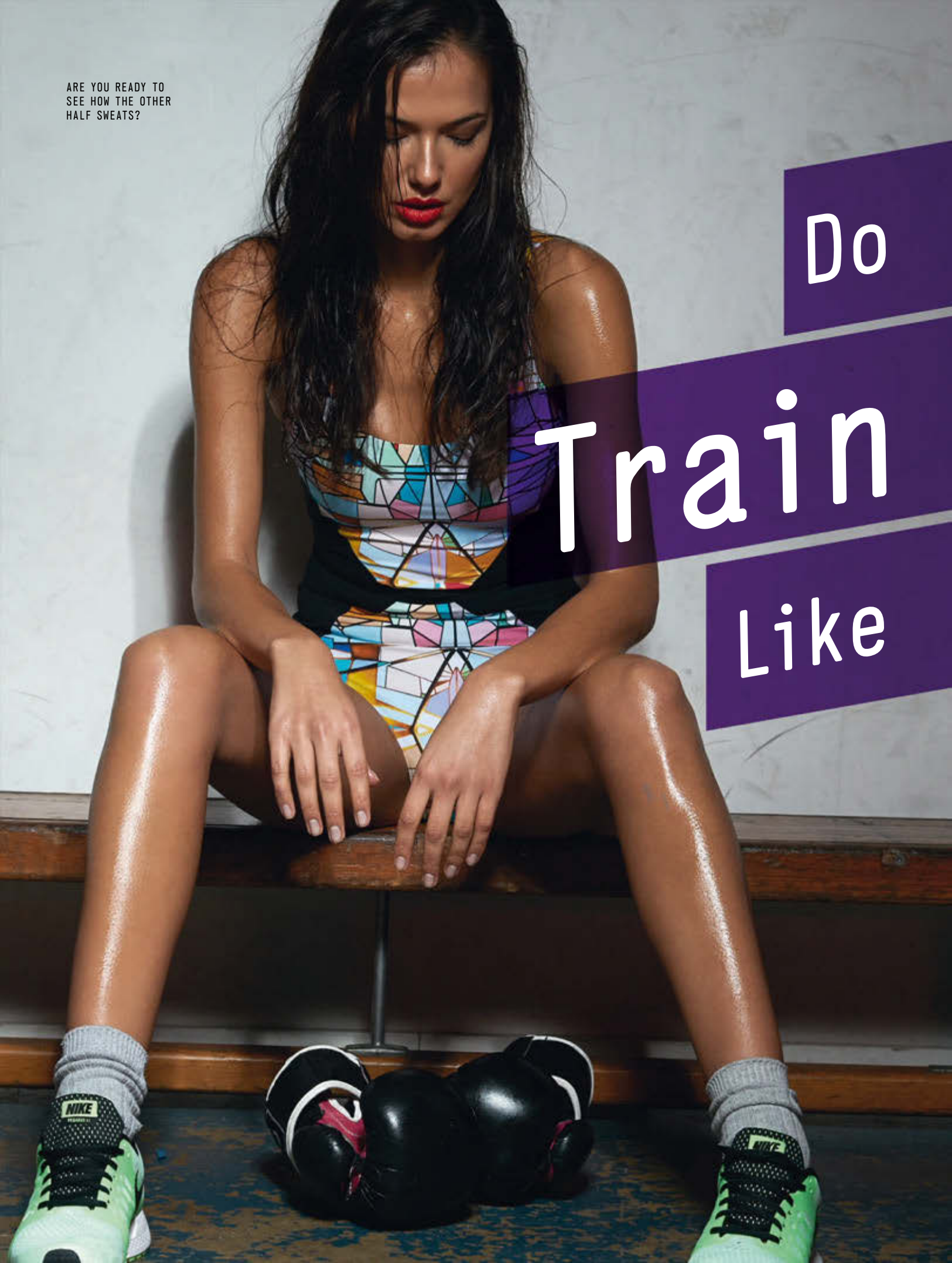
NURTURE NEUROLOGICAL FUNCTION
BRAIN

It's probably not one for a romantic dinner, unless you're called Hannibal, but this French delicacy, known as *cervelle*, provides a fifth of your daily copper, which ensures elements like selenium and iron are processed properly as well as supporting the development of brain synapses and circuits, according to the University of California at Berkeley. Braise it to keep your heart as healthy as your head. Your local supermarket might be out of it, so order online (£5 for 300g mullaco.com). Soak for two hours then poach for 10 minutes in vinegared water and leave to cool. Either slice and add to salads, or quarter, breadcrumb and deep fry for a more indulgent slice of grey matter.

TOUGHEN UP
MARROW

When you're taking a beating at the hands of your dojo master, you're going to want vitamin K in your system. It ensures your split eyebrow clots quickly, says Lynch, and that your forearm doesn't splinter when you're protecting yourself from his fists of fury. You could get your RDA from kale, or you could roast animal bones and smear their bubbling marrow onto bread. We know which is more MMA-appropriate.

*JOURNAL OF CLINICAL ENDOCRINOLOGY AND METABOLISM


ARE YOU READY TO
SEE HOW THE OTHER
HALF SWEATS?
Do
Train
Like
NIKE
NIKE



You

A

Girl?

If her regime is all wrong, how come she looks so damn right? MH's Jamie Millar drops his heavy metal to find out what we're missing from our workouts >

Photography: Roland Lane

I can deadlift double my bodyweight for reps. I can perform several consecutive muscle-ups. I incontrovertibly do even lift, bro. But right now, I'm having severe difficulty lying on my back and straightening my legs while holding a small foam Pilates block between my heels.

If one of those activities strikes you as comically incongruent, then that's precisely the point: deadlifting and muscle-ups are manly, Pilates is... girly. Although it sounds about as progressive as the Yorkie bar marketing strategy, the exercise world is largely divided along gender lines – ones you probably adhere to, subconsciously or otherwise. According to data from survey company Gymetrix, while cardio machine use is evenly distributed between the sexes, only 7% of those on the free weights at any given time are female. And you won't find many men at, say, Body Pump. Why not? What do those toned female gym-goers know that we don't? Are we missing out? My suspicion is we might be.

You can blame genetics for this segregation of the sexes – up to a point. "An average woman will have two-thirds as much muscle mass, and about as much strength as the average man. But the average man will have much more upper-body size," says Lou Schuler, strength coach and author of *The New Rules Of Lifting For Women*. "But does that mean the genders should train differently? Probably not. We're the same species. We're capable of doing the same movements. Our muscles get bigger and stronger at about the same rate, and we get the same benefits from our workouts." It comes down to socialisation: like Yorkie bars, lifting weights is rightly or wrongly perceived as 'not for girls'. Conversely, what girls do is not for guys – the workout equivalent of a bottle of Lambrini.

This prehistoric mindset is slowly evolving. Indeed, the current vogue among well-informed gym bunnies such as the Skinny Bitch Collective (follow them on Instagram, the benefits are myriad) is for training more like men. "There's definitely been a trend toward heavy lifting among women who work out seriously," says Schuler. "But that's a minority within a minority."

Does it work the other way? Do forms of exercise traditionally considered 'for girls' confer benefits that lifting does not, if only we could see beyond our blinkers and their pastel-coloured packaging? Should the smart man train more like a girl? After all, he's already come to terms with wearing tights.



Or could it be that the recent women's movement toward pumping iron – and away from pink dumbbells – merely vindicates men's long-held suspicions (admit it, guys) that most of what passes for 'training' to the fairer sex is just so much cynically marketed frou-frou? Do these faddy-sounding classes actually do anything? Will prolonged exposure to oestrogen cause me to lose all my gains instantly – as in the denouement of Disney's *Beauty & The Beast*? To all these questions and more, there's only one way to find out.

LIGHT EXERCISE

It's midday and I'm recumbent in a TenPilates studio in London's swanky Mayfair, which, unpromisingly, has the ambience of a high-end spa. As you might expect, the clientele is predominantly female: after all, the only muscles that Pilates builds are pelvic floor ones, right?

"We have a 70:30 split of women to men," says my trainer Vinny Lewis-Jamerson, who is impressively well-built and conspicuously not a woman. "The



* ANITA IS THE AUTHOR OF *SPORTS SUPPLEMENTS: WHICH NUTRITIONAL SUPPLEMENTS REALLY WORK* (BLOOMSBURY, £13)

Fairer Fuelling

Nutritionist Anita Bean* stereotypes athletic men and women's eating habits

Red meat
"Men typically overeat meat. Women are more likely to eat plant proteins (beans, lentils, nuts and seeds and soy), which means they get more fibre, vitamins, minerals and phytonutrients."

Green veg
"Men tend to stick to a narrower range of meals and foods. Women are more adventurous: they'll try, say, lots of different vegetables, whereas men are content with just broccoli."

Pink shakes
"There's no real difference in dietary requirements for the sexes, or between 'muscle-building' protein shakes for men and 'toning' ones for women. It's basically just marketing."

90+

The percentage of class members that Gymetrix estimates are female





SORRY, YOU'LL STILL HAVE TO USE THE MEN'S SHOWERS







reason is that women tend to be more open to different training techniques. That and the misconception that Pilates is somehow soft." Guilty.

The purpose of the foam-block-between-heels thing, explains Lewis-Jamerson, is to activate my glutes, which is not as "girly" as perhaps it first sounds. "Our glutes are, for the majority of us, underused," he says. "But they're part of your core. And the stronger and more stable your core, the more power you can generate." However, his point is somewhat undermined as I'm handed a pair of 5kg dumbbells and tasked to perform reverse lunges. At least they're not pink.

"Pilates teaches you to move correctly, to rely on control"

Before I can utter a disparaging "Bro," Lewis-Jamerson makes some seemingly minor adjustments to my form. After less than a minute, my ass is on fire and I drop the weights, literally and metaphorically red-faced. "The precision of the movements results in isolation like you've never felt before," he explains. "Years of lunges, squats and deadlifts and my glutes had never burned like with Pilates."

It seems the male fixation with lifting heavy leads us to mortgage short-term gain for long-term pain. Sometimes you need to lift less, properly, to get stronger, says Lewis-Jamerson: "Pilates teaches you to move correctly and rely on muscular control, rather than just hang on by the ligaments. I still throw tin around four days a week – but I apply Pilates principles to the movements. And by the way," he adds, "the women in my classes can do those lunges for three minutes."

I look to Schuler for scientifically backed excuses to repair my damaged ego. "If you asked me to do as many reps as I could of an exercise with 90% of my 1RM, I might be able to lift it three or four times, then I'd stand around gasping for

>

two minutes," he says. "A woman would be able to get more reps with the same percentage of her max and be ready to start her next set while I'm trying to catch my breath." The reason is that women use more fat for fuel, making them more resistant to fatigue, whereas men are better at burning glucose in the absence of oxygen; we enjoy a genetic advantage at short, intense bursts of effort – like throwing tin – but we pay for it with more lactic acid accumulation and time required to recover.

BARRE HOPPING

It's an excuse I'm sorely tempted to try on Maria Eleftheriou, my relentless instructor at Barrecore, a boutique ballet workout that incorporates elements of Pilates. Perhaps unsurprisingly, only 2% of Barrecore attendees are male. "A lot of men who come to class don't make it through, they find it so tough," says founder Niki Rein, who in the spirit of pushing gender boundaries is herself a former footballer. "They tend to need more breaks. It's quite humbling for them." Maybe, then, there's more to it than just looking good in a tutu.

When I said "sorely", I wasn't kidding. The "thigh and seat" sets are the real killer: "isometric" static squats performed in an endless variety of positions that make my legs shake like Miley Cyrus twerking on a Power Plate. Whereas lifting works by repeatedly shortening and lengthening the muscle, isometrics are about holding the contraction in one place. They are proven to elicit comparable and even superior strength gains, and because you're not stretching the muscle or ligament, they're low risk too. As a keen footballer, I can instantly see and feel how this would bulletproof my pins. (Famed fitness hipster Ryan Giggs used ballet to elongate his career.)

Barrecore (and Pilates) won't build big muscles. And therein lies their appeal for women – and lack of it for men. It's not our different physiology that necessitates disparate training methods so much as our divergent goals. Men generally want to add mass all over their bodies; women generally prize a long, lean physique.

But lack of elasticity severely limits men's ability to lift our beloved heavy weights and build our precious mass; furthermore, lifting will also shorten your muscles over time, compounding the problem unless you counterbalance it with lengthening. "When you have tight muscles, you can't move through the full range of motion," says Rein. The lower you can squat, say, the more you can recruit your glutes – and lift. One up to the girls.

Group classes remain unexplored by all but the boldest of men

BOTTOM LINE

By now you will have noticed a theme emerging: training like a girl focuses on the ass more than your average Nicki Minaj video. Which begs the question: if bums and tums – or the posterior chain, if you want to get technical – are so important for athletic and aesthetic goals alike, did women in fact have it right all along? In the interests of journalism and public humiliation, I decide to attend a class of Legs, Bums & Tums – or "Ass & Abs", as it has recently been rebranded.

"The LBT name has negative connotations," says Pip Black, founder and director of dance and fitness studio Frame in London's Shoreditch. "It brings to mind something your mum might have done in the '80s and which you naturally assume was a pretty pathetic workout."

I am the only man in the class of 24, despite the twofold benefit of the concept. "Glutes and abs are extremely important for a strong, functional physique and good posture. Plus the glutes are a big muscle group that burns a lot of calories," Black says. And how. Take it from me: this class ain't no joke. After a dance-infused warm-up that sorely tests my aerobic capacity, rhythm and limit for self-mortification, we strap on ankle



Sexual Divider

The top 10 most popular pieces of gym equipment by gender

♂ Men	♀ Women
1\ Dumbbells	1\ Treadmill
2\ Treadmill	2\ Crosstrainer
3\ Bench	3\ Upright cycle
4\ Cable stack	4\ Rower
5\ Crosstrainer	5\ Dumbbells
6\ Upright cycle	6\ Recline cycle
7\ Rower	7\ Mats
8\ Rack	8\ Leg press
9\ Smith machine	9\ Stepper
10\ Chest press	10\ AMT/Vario*

ROPE YOURSELF IN
DON'T GET HUNG UP ON THE BRANDING – GO FOR THE BURN



*GYMETRIX.CO.UK | MODEL: BRUNA MIRANDA AT NEWS | STYLIST: HAYLEY LAWRENCE I HAMU: HILA KARMAND I STYLING CREDITS: GREY VEST FROM TOPSHOP; (TURQUOISE SWIMSUIT) SWIMSUIT FROM AMERICAN APPAREL; LUCAS HUGH BLACK TOP (BLACK SPORTS TOP); WHITE SHEER

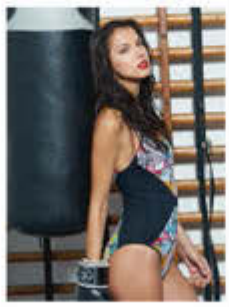


2:1

The ratio of men to women on the gym floor, according to Gymetrix







HIIT LIKE A GIRL
TAKE A CLASS WITH THE LADIES... IF YOU'RE HARD ENOUGH





RING THE CHANGES
TRAIN WITH HER TO DOMINATE THE LEAGUE ON SUNDAY

weights. Then ensues a non-stop series of exercises including curtsey squats followed by side raises, kickbacks on all fours and an interminable core circuit which mostly consists of moves with legs raised in the air. By the end, my ass and indeed abs are well and truly kicked.

A realisation dawns: in more than a decade of gym-going, this is probably the only fitness class I've ever attended. So why don't more men enrol?

"I assume it's because they are intimidated by the amount of women," says Melody Lubin, my instructor-cum-DJ at Boom Cycle, a nightclub-style spin studio. "Also, group exercise classes began as aerobics back in the day of Jane Fonda, which was very female-dominated: Spandex and all that. The stereotype still exists." But while Boom Cycle is like a club – complete with a sound system that wouldn't feel out of place in Ibiza, Miami or Vegas – the ratio of men to women is much better (I'm the only one). And there aren't many clubs where you'll burn up 1000 calories an hour without consuming the concomitant amount of Patrón.

Unlike Ass & Abs, Boom Cycle is shrouded in darkness, so the shame factor is greatly reduced. But despite being able to lower the resistance of my bike at will, I find myself wanting to push harder. Peer pressure is a powerful thing: one study showed that subjects who were told that fellow guinea pigs had held a plank for longer than they had, then managed an average of 18 seconds more on the next attempt. Yet another study showed that even the mere presence of women makes men exert themselves harder. "Your heart rate reaches some serious highs, which gets your endorphins flowing," says Lubin. I emerge blinking and buzzing.

COMPROMISING GAINS

As with many relationships between the sexes, we may have much in common but ultimately we want different things. After a couple of weeks of training like a girl, I'm itching to pick up something heavy and put it down again repeatedly. But crucially, I haven't lost all my gains in the meantime; additionally, I have acquired the knowledge that targeting neglected areas such as my glutes and flexibility, perhaps with the occasional session of Pilates or Barrecore (they're considering introducing all-male classes), will augment them. Smart women are training more like you, so why not you like them?

I've also felt first-hand the advantages of training like a girl in group classes which, despite the numerous benefits, remain largely unexplored by all but the boldest of men. In my case, they have palpably boosted my fitness. My bromance with the squat rack isn't on the rocks – I'm just keeping my options open.

So don't let the packaging put you off. Classes shouldn't need the prefix "Bro-" for us to feel as if our masculinity won't be eroded. Yorkie bars may not be for girls, but women are smart enough to know that they'll still reap the rewards of unwrapping one. You'd be wise to adopt the same attitude to your training – the perks far outweigh the initial unease. "I think guys don't realise how hard we ladies work out," says Frame's Black. "Plus there are loads of hot girls..."

BODY FROM AMERICAN APPAREL GREY SOCKS FROM AMERICAN APPAREL; (BABY BLUE BIKINI) SWIMWEAR FROM TOPSHOP; PATTERNED SWIMSUIT FROM LUCAS HUGH AIR MAX TRAINERS FROM NIKE WITH THANKS TO BARBERS GYM BARBERSGYM.COM



SQUEEZED MIDDLE
THE PT-TURNED-MP CAMPAIGNED TO UNBURDEN THE ABS OPPRESSED BY FLAB

RUN?

These three MPs want to transform British society come May. But first, they must transform themselves

WORDS BY DANIEL MASOLIVER | PORTRAITS BY JULIAN BENJAMIN

The run-up to a general election is by far the most stressful time in any politician's life, as they travel the length and breadth of their country, defending their policies under intense pressure.

And rightly so. Because while they're happy to legislate over how you should live your life, they often fall short of their own standards.

We challenged MPs from across the political spectrum to look in the mirror; to integrate exercise into their hectic schedules on the campaign trail; to prove they really are fit to run.

If they can juggle work and fitness, you sure as hell can too. It may not be easy, but then in this age of austerity, the biggest cuts never are.

BEFORE →
WEIGHT 105KG
WAIST 35IN
BODY FAT 24%

AFTER
WEIGHT 102.5KG
WAIST 33IN
BODY FAT 18%



REFORM YOUR BLOATED STATE

Candidate 01

RING-FENCE TIME FOR EXERCISE

Tory health minister Dr Dan Poulter raises the bar for leaner government

The MP for Central Suffolk and North Ipswich worked as a personal trainer to pay his way through medical school, but some 15 years and a serious rugby-induced back injury later, and Poulter was struggling with his fitness. "I have an erratic diary, working 15-hour days, so it does require real dedication to get gym sessions in," he says.

Still, an unsympathetic voter might detect a hint of hypocrisy in a vocal health minister letting his own condition slide – something Poulter recognises. "As someone involved as a doctor and as a health minister in promoting good health, I wanted to show that if I can do it working an 80-hour week, anyone can," he says. A bold promise, but could he deliver?

To get him back to full match fitness, Poulter entered into coalition with Stephen White at SW Fitness and the Jubilee Hall Trust charity gym group, who set him a mixed regime of fat-burning intervals and muscle-building resistance training. "Dan really struggled at first because of his back – we focused on loosening and developing it to pull his shoulders back and correct his terrible posture," says White.

A more supine politician may have resigned and taken a seat on the backbenches, but Poulter ring-fenced time for early morning training, shedding fat, adding muscle and giving himself *more* energy for the day ahead. "I feel fitter, stronger, more awake and motivated in my work." And it proved less painful than announcing another round of austerity.

Thanks to @SWfitnesslondon swfitnesslondon.com

POLITICAL POSTURING

CREATE BALANCE TO BECOME AN UPSTANDING CITIZEN



1) BB BENCH PRESS
4 SETS OF 15 REPS
Pull your shoulders back into the bench to engage your chest. Push up hard. Rest 90sec between sets.



2) DB REVERSE FLY
4 SETS OF 15 REPS
Lean, knees bent, and raise your arms out. Pull your shoulders together. Again, take 90sec rest.



3) DB SHOULDER PRESS
4 SETS OF 15 REPS
Push the dumbbells up before slowly lowering. Rest 90sec and repeat for frontbench muscle.



4) NARROW-GRIP ROW
4 SETS OF 15 REPS
Keep your back straight as you pull to work three key areas: shoulders, shoulders, shoulders.

Candidate 02

DON'T JUST RUN FOR RE-ELECTION

The deputy leader of the House of Commons and Lib Dem MP, Tom Brake swaps policies for press-ups



BEFORE
WEIGHT 83.5KG
WAIST 34IN
CHEST 38IN

AFTER
WEIGHT 82.5KG
WAIST 33IN
CHEST 41IN

CLEAR YOUR MUSCLE DEFICIT

The member for Carshalton and Wallington is used to whipping party members into shape before a vote, but didn't apply the same approach to his training. "Tom neglected every muscle from the waist up," says his PT Daniel Marshall, from the Jubilee Hall Trust gym in Covent Garden.

In his prime, Brake, now 52, was an impressive sub-90-minute half-marathon man. More recently, he's turned his sights to sprint triathlons, but found that a lifetime of pounding the pavement has left him severely lacking in the upper body strength required for the swim leg. "My experience is of doing breast stroke while everyone else is doing front crawl," he says. "But doing that leaves you knackered for the other events." To make gains, Brake would need to follow his trainer's expert tuition (at no additional cost to the taxpayer).

"I aimed to keep Tom's strength gains functional rather than for mass," says Marshall, "while closely emulating movements from swimming, cycling and running." Cardio went from being the be-all and end-all of Brake's training, to a supplementary element that he could integrate into his working day. "On a Friday, I've got to get around my constituency," he says. "I realised I might as well do that on my bike."

The results were palpable: after six weeks, Brake now swims the 750m of the sprint distance triathlon without reverting to breast stroke. "I used to think going to the gym was a waste of time, and that you were much better off going for a run," says Brake. "Not anymore." Now that's a U-turn we can support.

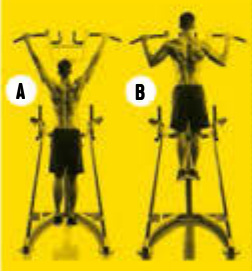
Thanks to @JubileeHall_Gym jubileehalltrust.org

> "I used to think going to the gym was a waste of time and that you were much better off just going for a run – not anymore"

PARLIAMENTARY MUSCLE

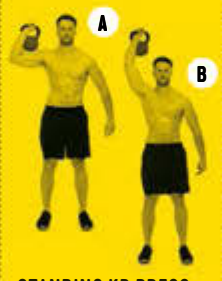
COMPLETE THIS CIRCUIT TWICE TO ENHANCE YOUR UPPER-BODY POWER

01



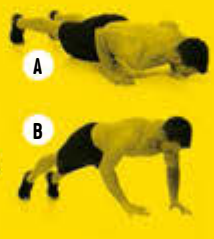
WIDE GRIP PULL-UP
5-10 REPS
Do your shoulders a civil service. Pull yourself up to chin height with an overhand grip. Steady – this isn't a swingometer.

02



STANDING KB PRESS
10 REPS EACH ARM
With shoulders straight, extend one arm up at a time, turning your palm out as you press, then back in on the way down.

03



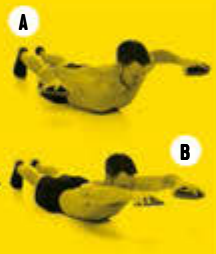
EXPLOSIVE PRESS-UP
10 REPS
Perform a press-up, but explode up, lifting both hands off the ground. A well-executed power play for a bigger chest.

04



KB PASS-UNDER
10 REPS EACH SIDE
Do a plank on your fists. Reach across your body to move a kettlebell from left to right, then back. It's a strong core policy.

05



BREAST STROKE PLANK
20 REPS
Holding weights, raise your chest and move your arms in a breaststroke motion, engaging your entire your upper body.

GROOMING: SUSANA MOTA | STYLING: ABENA OFEI | SHOT ON LOCATION AT THE WALDORF HILTON LONDON | DAN WEARS: SHORTS CHRISTOPHER KANE AT MATCHESFASHION.COM; SOCKS UK.PUMA.COM; TRAINERS NIKE.COM; WATCH DAN'S OWN
STILL LIFE: SUIT THOM SWEENEY AT MRPORTER.COM; SHIRT AND TIE TURNBULLANDASSER.CO.UK; SOCKS PRINGLE AT SOCKSHOP.CO.UK; SHOES OLIVERSWEENEY.COM



TOM WEARS: SHORTS MARC BY MARC JACOBS AT SELFRIDGES.COM; TRAINERS NIKE.COM | STILL LIFE: SHIRT FOXHALLLONDON.COM; TIE JOHNVARVATOS.COM; SUIT RICHARDJAMES.CO.UK; SOCKS GLENMUIR AT SOCKSHOP.CO.UK; SHOES OLIVERSWEENEY.COM

POLICY SHIFT
BRAKE LEARNED THAT HEAVY LIFTING CAN DELIVER QUICKER RESULTS THAN CARDIO



"I'm sure at one point an MP's life was all big boozy lunches... Now if you eat lunch at all, it'll be out of a box at your desk"

QUANTITATIVE EATING
SHUKER SWAPPED HIS GRAB 'N' GO LUNCHES FOR A SMART POLICY OF SCHEDULED MEALS



GAVIN WEARS: SHORTS DIESEL AT HARVEYNICHOLS.COM; SOCKS UK.PUMA.COM; TRAINERS ASICS.CO.UK | STILL LIFE: WATCH LINKSOFLONDON.COM; SUIT AND TIE JOHNVARVATOS.COM; SHIRT TURNBULLANDASSER.CO.UK

FIT TO RUN?

BEFORE →
WEIGHT 95.4KG
WAIST 44IN
BICEPS 32CM
← AFTER
WEIGHT 85KG
WAIST 37IN
BICEPS 35CM

Candidate 03

LOSE FAT WITH HARD LABOUR

Labour's Gavin Shuker lost 8kg with heart-rate-based interval training. Not all cuts are bad for the working man...

"There's this thing called the Parliamentary stone," says Shuker, MP for Luton South and shadow minister for international development. "It's the weight you put on in your first year. Well, I kept going – I've put on three since being elected in 2010." The fact that the shadow minister hadn't done any exercise since his school days compounded the problem – the only internationally perceptible development being around his waistline. It was time for Shuker to get tough on fat and the causes of fat.

Shuker's PT, HIIT specialist Matt Aukim at Fitness First, made weightloss the priority. Shuker was hooked up to a heart monitor during training, providing real-time info to help him stay in the fat-burning zone. But the biggest lesson Shuker learnt was that to shed over a kilo a week, he'd have to eat *more*. "I tended not to eat in the day, then gorge in the evening. Now I eat little and often. I've been having breakfast – porridge – for the first time in 20 years."

You don't need to convene a select committee to realise that poor nutrition is largely to blame. "I'm sure at one point an MP's life was all big boozy lunches and champagne dinner receptions," says Shuker. "The reality now is that if you eat lunch at all, it'll be out of a box at your desk, like most people."

Shuker overhauled his diet, getting his weightloss campaign off to a great start, though he still has some way to go before writing off his fat deficit completely. Nevertheless, he gets our vote – as long as he pledges to continue his programme into a second term.

Thanks to @MattAFitness fitnessfirst.co.uk

BENEFIT PLAN

TAKE ON SHUKER'S FULL-BODY HIIT ROUTINE TO TARGET YOUR WAISTLINE

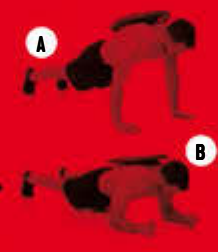
01

JUMP SWITCH LUNGE
4 SETS OF 30SEC
Holding the dumbbells as shown, lunge forward, explode up, switch legs in mid-air and repeat. Do 30sec on, 30sec off.

02

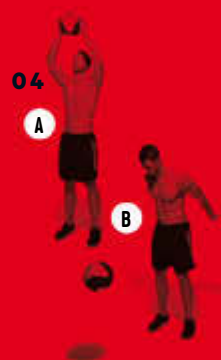
BOX JUMP
4 SETS OF 10 REPS
Squat then power up, planting both feet on the box. You'll sweat more than a cabinet minister in a Paxman interview.

03



WEIGHTED PLANK
4 SETS OF 30SEC
Give an old policy a new spin by placing a weight on your back for added resistance. Rest for 30sec after each plank.

04



MEDICINE BALL SLAM
4 SETS OF 10 REPS
Up your approval ratings at the beach by working your core. Slam the ball from high overhead, squat to grab it, repeat.

05



SANDBAG CARRY
4 SETS OF 5 SPRINTS
Toss the bag onto your shoulder and sprint. Drop it, pick it up again, sprint back. Now enjoy your summer recess.

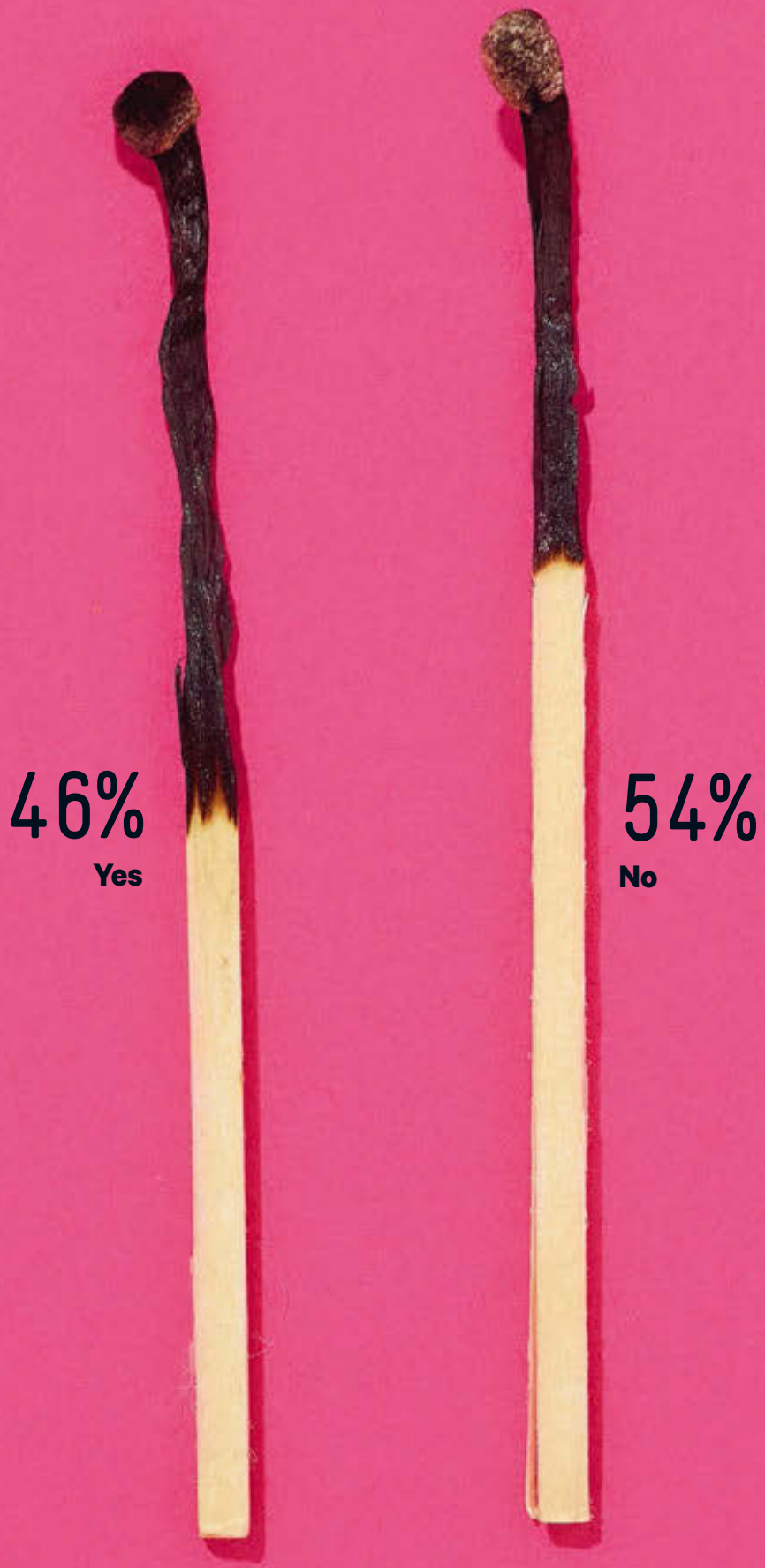
Who Is Man 2015?

Ronaldo's body, Zuckerberg's career, and a beautiful woman – men want it all. But how do we get it? In a comprehensive survey, we asked the people who matter – you – and now our experts reveal how to convert your dreams into realities

PHOTOGRAPHY: AGATA PEC

01

Do you suffer from stress?



Body & Fitness How Do You Look?

THE EXPERT ANALYSIS

James Conci-Mitchell, PT and founder of elite London gym Six3nine, explains how to sculpt the body you want – and where you might be going wrong

Who, more than anyone else, do you wish you could look like? Five years ago, I'd have expected you to say big units like The Rock or Gerard Butler. But in 2015, it's Cristiano Ronaldo, Brad Pitt (specifically as Tyler Durden) and Ryan Gosling. The obvious trend is towards the lean, athletic, lighter physique.

What do these guys have in common? Their training is predominantly gym-based. Too many men still try to take shortcuts, or forsake tried-and-tested lifting for whatever fitness fad their gym happens to be marketing that month (**i**). When it comes to leading-man musculature, nothing beats getting stuck into a structured weight-training programme.

Almost half of you say you're dissatisfied with what you see in the mirror. I'm surprised it's as few as that. Of more concern is that a third cite a lack of time as being the biggest barrier between you and a six-pack. But you don't need to spend every spare minute down the gym; most top fitness models train four to five hours a week, max (**ii**).

Too many of us still don't support our training adequately with our lifestyles. The effort spent in the gym has to be matched with the effort spent in the kitchen and recovering (**iii**). Getting into top shape takes sacrifice. A total upheaval, no. But, dropping some of the beers at the weekend, yes. And rest days aren't a luxury, but a *necessity*.

What concerns me is that you want bigger arms and chests over other muscle groups, by quite some margin. I'm a fan of a V-shaped frame, but if you skip legs day, for example, you'll miss out on some of the biggest exercises in your arsenal for causing metabolic stress and getting rid of body fat – such as squats and deadlifts. Letting vanity dictate your training is a recipe for an inefficient and deleterious workout.

While Ronaldo sets a high – but healthy – benchmark, idolise Hollywood physiques with caution. When you see an actor's rippling torso in a movie you have to factor in that they have peaked especially for that scene. Some of those guys have spent weeks getting their body fat unsustainably low and they've been doing press ups off camera before the shot to get a good pump for the camera (**iv**). Remember, even Ryan Gosling doesn't look like Ryan Gosling most of the time.

02 Who is your body icon?



Cristiano Ronaldo



Brad Pitt (as Tyler Durden)



Ryan Gosling



Hugh Jackman



The Rock



Tom Hardy

04 What's your greatest motivation for working out?

33% To feel more confident

27% To feel healthy



05 Which parts of your body do you wish were bigger?

Arms – 76%
Chest – 57%
Back – 42%
Thighs – 35%
Penis – 32%

06 Which of the following have you tried?

Functional training – 46%
Suspension training – 45%
Spinning – 41%
Group HIIT classes – 35%
Calisthenics – 23%

03 Can you touch your toes?



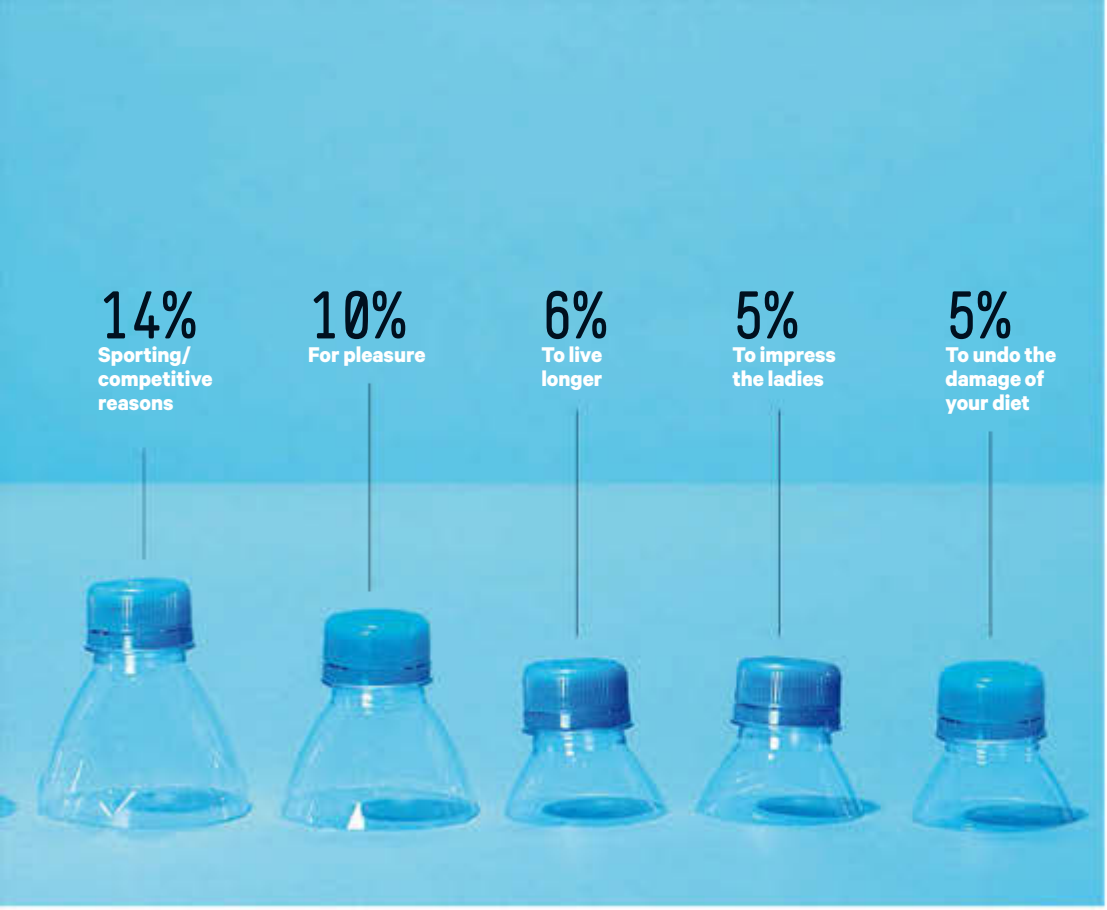
07 How do you feel when you look in the mirror?

Dissatisfied – 43%

Satisfied – 40%

Happy – 17%

*EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY



08

What's the biggest barrier to getting the body you want?

Time	Willpower	Cost of healthy food	Don't know where to start	Cost of gym membership	Access to gym/fitness resources
34%	30%	17%	9%	6%	4%

09

How many times a week do you work out?



YOUR PRESCRIPTION

Attain your cover model physique the smart way

I\ Activate your afterburners

Interval training trends such as Tabata are eager to proclaim their day-long EPOC-boosting properties – that is, how long your metabolism remains in an elevated fat-burning state after exercise. In fact, a well-designed session in the weights room is even more effective, raising your EPOC for up to 38 hours.*

II\ Less is more

When it comes to strength training, volume wipes the floor with frequency, a study published in the *Journal of Strength & Conditioning Research* found. So you're better off training three times a week, performing three sets of 10 reps to fatigue across nine exercises, than five times a week completing fewer sets. Lift more weight, less often.

III\ Know your macros

Whatever body-shape you're aiming for, you need to control your energy consumption. Use the Alan Aragon formula to work out your daily energy requirement: (body weight kg x 2.2) x (10 + weekly training hours). That's how many calories you'll need to break even – adjust up or down according to your goals.

IV\ Inflate your ego

Whether you're getting ready for a photo shoot or a day by the pool, show your body at its best with a good pump (where your muscles feel swollen, in a good way). For best results, fill up on carbs in the preceding days – this draws glycogen and water into your muscles, making them look fuller. "No carbs before Marbs" will leave you looking flatter than a deflated lilo.

Health & Wellbeing How Do You Feel?

THE EXPERT ANALYSIS

Phil Hammond is an NHS doctor, author, broadcaster and comedian. He's impressed by your diagnosis of your health challenges – now for the cure

Finally, men are waking up to the threat posed by depression. This much misunderstood disease ranked second only to cancer as an illness that you worried about – perhaps unsurprising, given that more than a third of you have experienced what Winston Churchill called "the black dog on the shoulder".

Many men find it hard to talk about their mental health. Illnesses of the mind often have physical symptoms, and while many of us are now able to recognise the symptoms, we're still reluctant to seek help (**i**). In this anonymous survey, many men admitted to suffering from stress, low self-esteem and mood swings – but would we tell anyone?

Exhibit A: if we do have a health concern, we're now more likely to turn to Google than a GP. This may partly be due to embarrassment in admitting that sometimes we struggle to cope. But the internet is a mixed blessing when it comes to your health. Good sites such as nhs.uk and patient.co.uk give you reliable information, but even this can make you anxious if you don't have somebody to interpret it.

Some 90% of symptoms get better in time. Post-gym pain in your muscles and joints is unlikely to be a sign of a lethal malady (**ii**). The trick is to spot the red flags. Life-threatening diseases can brew silently for years, but tend to show themselves without warning. Sudden pain, difficulty breathing or loss of blood, sight, sensation or movement needs to be checked urgently. Hard lumps, changes in peeing or pooing, and anything that wakes you up at night needs investigating, soon. Not by typing in a search box, but by consulting a medical professional.

A standout statistic is that half of you have either tried or contemplated meditation. Life is stressful, and anxiety is so common as to be normal. If there is too much stress in your head, it spreads out into your body – hence headaches. And teeth-grinding.

Mindfulness and meditation work on the principle that your brain can only hold so much information at any one time. So if you fill it up with "being in the moment", by focusing on your breathing, for example, there is less space for anxiety (**iii**). My advice? Turn your problems into someone else's. Doctors, dentists, therapists, even opticians, are all there to help (**iv**). Google them; book an appointment.

10
Have you ever suffered from depression?





11
Which of these illnesses are you most worried about?

Cancer – 55%
Depression – 23%
Heart disease – 14%
Liver disease – 4%
Gonorrhea – 2%
Ebola – 2%



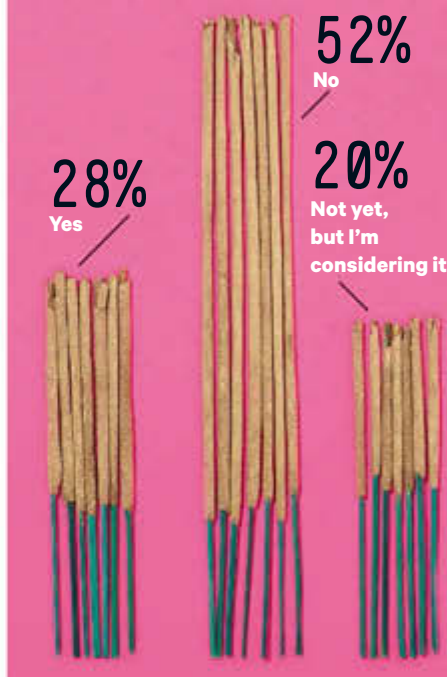
12
If you had a health concern, which of these would you speak to first?

Partner – 32%
Google – 26%
Doctor – 24%
Parents – 10%
Friends – 8%

13
Which of the following diets have you tried?

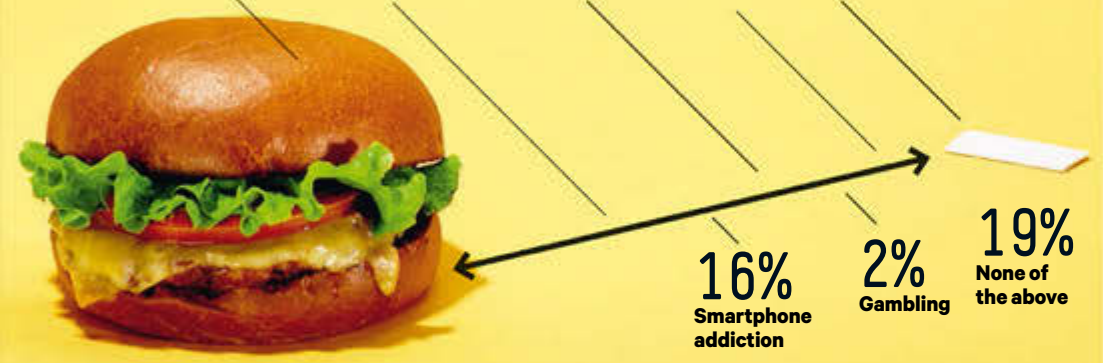
Intermittent fasting – 14%
Paleo – 8%
High protein, low carb – 42%
High fat – 5%
Juice cleanse – 6%
None of the above – 48%

14
Have you ever meditated?



DRPHILHAMMOND.COM | *JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION

15 What's your biggest vice?

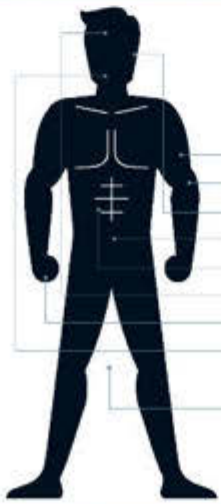


16 I'm taking...

Omega 3 – 29%
Vitamins & minerals – 50%
Protein – 61%
Weight-loss pills – 8%
None of the above – 22%

17 I've seen my...

GP – 59%
Dentist – 60%
Optician – 31%
Physio – 24%
Therapist/counsellor – 7%
None of the above – 15%



19 Which of the following have you experienced in the past year?

Muscle pain – 69%
Joint pain – 52%
Headaches – 52%
Diarrhoea – 37%
Stomach ache – 33%
Fever – 22%
Severe itchiness – 10%
Shortness of breath (when not exercising) – 9%
Blood in stool/urine – 8%
None of the above – 8%

18 Do you try to avoid any of the following?



YOUR PRESCRIPTION

Dose up on this knowledge for a clean bill of health

I\ Look out for mates
"Men who think about suicide often try, and too often succeed," says Dr Phil. The problem is, suicidal men are statistically very unlikely to discuss their situation with their mates. Learn to recognise the symptoms of depression. Don't think sadness, but rather trouble sleeping, loss of appetite, increased irritability, aggression and alcohol consumption. And get help.

II\ Pop a cherry
You already know that the key to fending off DOMS comes in the shape of your post-workout meal. But for liquid refreshment, replace your sports drink with a glass of cherry juice – a recent study revealed that it can make your workout three times less painful, thanks to the fruit's anti-inflammatory qualities.*

III\ Mind your anxiety
Meditation can sound like wishy-washy claptrap. But researchers at Brown University have found that mindfulness decreases anxiety. Take this idea for a walk: on a stroll, think about the feeling of the pavement under your feet. Brush aside distracting thoughts and focus. Foot for thought.

IV\ Keep an eye on your health
An estimated 20% of us have non-eye-related health problems – from high blood pressure to diabetes and even brain tumours – that could be spotted by an optician during a routine eye exam. Go at least once every two years. If nothing else, it'll reduce your risk of walking into a lamppost.

Work/Life Balance How Do You Perform?

THE EXPERT ANALYSIS

Oliver James is a psychologist, therapist and bestselling author. Here he reveals what lies beneath your innermost desires

How do you measure success? It's amazing the number of people who will resort to cliché. Even when answering anonymously, almost three quarters of you say you measure success not by your job, car or peers, but by your happiness (**i**). I doubt very much that this is the case.

It's not your fault. You've been brainwashed by people banging on about happiness and corporations with vested commercial interests who would sell you the smile on your face. The truth might be found in what keeps guys awake at night: money and work-related stress. Those are the real metrics used for success in our shop-till-you-drop, credit-fuelled society. Our happiness is umbilically linked to our salaries.

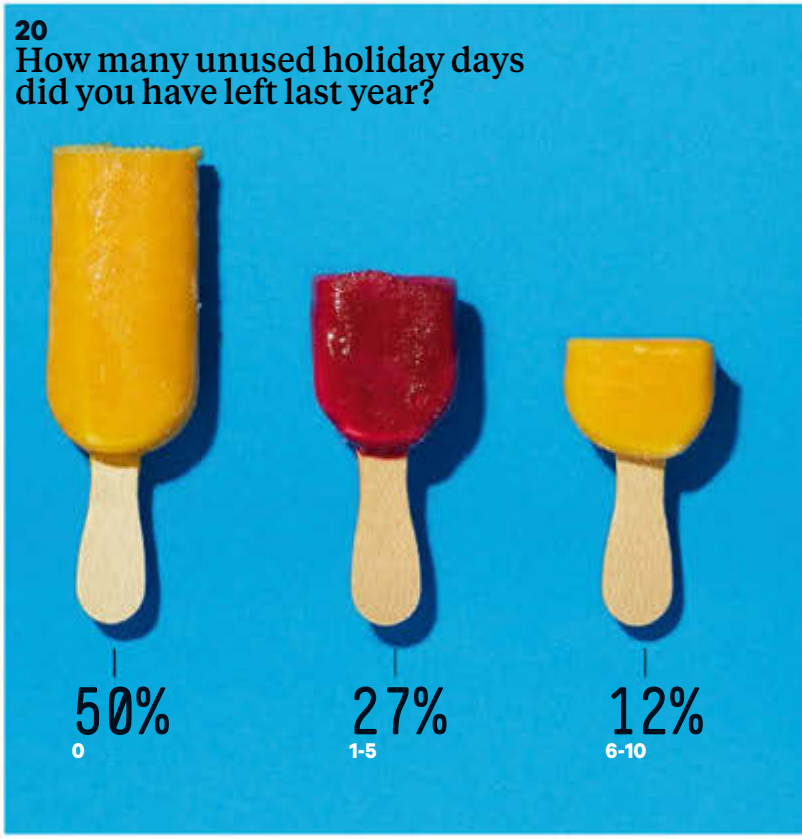
More than two thirds of you said you would prefer to be running your own business, or switch careers entirely, than stay in your current employment (**ii**). In a society where 88 families own more than half of the nation's wealth, the vast majority of us are working to make that tiny minority richer.

And between the sheets? Despite vast technological advances, and the availability of casual sex at the swipe of a smartphone screen, monogamy is rampant. In this digital age, meeting a woman through mutual friends is still more likely to result in a hook-up than seeing her profile on Tinder (**iii**). Two thirds of you have had only one sexual partner in the past 12 months, and three quarters agree with the statement that cheating is "just wrong". And when asked to name the sexiest woman in the world, the most popular answers were "my girlfriend" and "my wife."

The *Daily Mail* may whip up a moral panic around our liberal attitudes towards sex, but the truth is we Brits are as conservative as ever.

When you've retired it will be easy enough to find the time to have a little fun – for the working man, not so much. When Richard Branson introduced unlimited holiday schemes for his personal staff at Virgin Group last year, he was heralded by many as some sort of saviour. In fact, while you continue to lose sleep at night, the billionaire can rest easy in the knowledge that we don't take anywhere near as much time off as we should, whatever our contractual entitlement. So do yourself a favour and take a break. You've earned it (**iv**).

20
How many unused holiday days did you have left last year?



21
How do you rate yourself in bed out of 10?

1 – 1%
2 – 0.5%
3 – 2.5%
4 – 3.5%
5 – 11%
6 – 17%
7 – 33%
8 – 21.5%
9 – 6%
10 – 4%



22
When do you cook?

A few nights a week – 40%
Every night – 38%
Never, if I can help it – 9%
At the weekend – 8%
When I want to impress someone – 5%

23
How do you measure success?



By how happy I feel – 72%
By the stuff I can afford – 14%
By the amount of free time I have – 7%
By comparing my salary to those of my friends – 5%
By the fact I've got a job – 2%

24



Which of the following have you experienced in the past year?

Low self-esteem – 60%
Headaches – 53%
Mood swings – 52%
Grinding my teeth – 30%
Phantom phone rings – 22%



25
Where would you like to be in five years time?

Corner office – 9%
Running my own business – 31%
In a different career – 25%
Current job – 22%
Similar job, new company – 13 %

*AFFLUENZA: HOW TO BE SUCCESSFUL AND STAY SANE' BY OLIVER JAMES | *GLOBAL ENTREPRENEURSHIP MONITOR REPORT | † CORNELL UNIVERSITY AND THE UNIVERSITY OF INDIANAPOLIS | ‡ NUFFIELD HEALTH



26
Which statement best sums up your attitude towards cheating?

It's just wrong – 76%
It's fine, as long as you don't get caught – 7%
Accidents happen – 17%

28
Who's the sexiest woman in the world?


My Partner


Jennifer Lawrence


ScarlettJohansson


Emily Ratajkowski


Jennifer Aniston


Kim Kardashian


Kate Upton

29
In your own experience, which of the following is most likely to lead to a hook-up?

Tinder – 5%
Matchmaking websites – 6%
Nights out – 40%
Through mutual friends – 35%
At work – 14%

30
What keeps you awake at night?

Work stress – 44%
Money worries – 40%
Nothing – 27%
Relationship worries – 26%
Sex – 18%
Body issues – 18%
Family – 18%
Technology – 16%
Job security – 13%
House prices – 7%
International conflict, terrorist threats – 4%

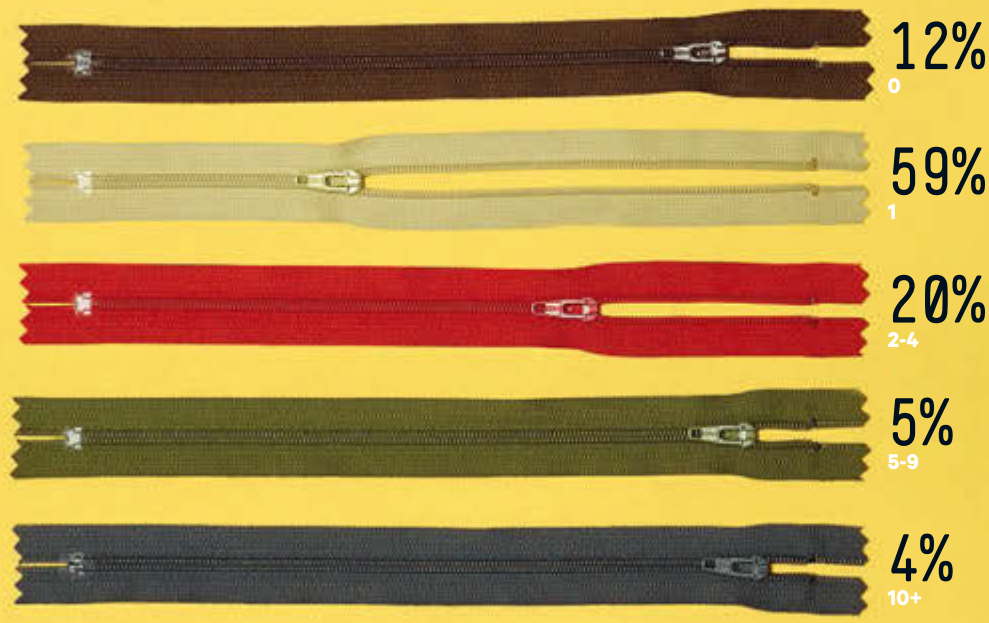




What would be the most likely reason for you to go without sex for two months?

Stressed out from work – 17%
Familiarity – 13%
No libido – 15%
Lack of availability – 54%

27
How many sexual partners have you had in the past year?



YOUR PRESCRIPTION

Be a winner in the boardroom – and in the bedroom

I\ Maintain your relationship status
A study published in *Psychological Science* found that the key factor in upping contentment isn't income, social background or education, but status. Feeling accepted, included and liked will do more for your happiness than any title or possession, so don't let personal relationships suffer in the pursuit of a promotion.

II\ Boss your career
Your suspicions (and ambitions) are backed up by the data: being your own boss *does* increase your overall life satisfaction.* But don't hand in your notice just yet – the same report found that entrepreneurs also spend twice as much time thinking about work outside the office. So when it comes to balance, The Man delivers.

III\ Stop swiping
Getting together the old-fashioned way has been shown to lead to stronger relationships in the long-term.† Research from Michigan State found that mutual friends act as a sort of relationship glue. So swap Tinder for facetime.

IV\ Go away
You hardly need an academic study to tell you that mini-breaks are relaxing (though they do exist, naturally). But did you know that a holiday can lower your blood pressure, enough to significantly reduce your risk of stroke and heart attack?‡ "Take every fourth Friday off and feel the benefits," says James, "on mind *and* body."


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SUMMER SIX-PACK CHALLENGE

JOIN THOUSANDS OF MEN'S HEALTH READERS AND TAKE ON OUR SIX-WEEK WORKOUT PROGRAMME THIS APRIL, IN ASSOCIATION WITH NEW ARLA PROTEIN

Summer is coming. Your winter paunch remains. And slumping on the sofa in front of the new season of *Game of Thrones*, while an unarguably pleasurable way to spend your time, isn't going to do anything to change that.

But fear not: help is at hand. On April 13 – just as Daenerys and co return to UK screens, incidentally – *Men's Health* kick off our Summer Six-Pack Challenge 2015. We've teamed up with new protein specialists Arla to create a six-week programme that's suitable for beginners and veterans alike, and will ease you into a regular routine before ratcheting up the intensity.

Guided by YouTube fitness fanatics The Lean Machines, you'll build muscle and burn fat through a combination of heavy lifting and frenetic circuits, earning abs worthy of Kit Harrington in less time than it takes to scream, "I don't even watch Game of Thrones; all of these references are completely lost on me."

Arla Protein is high in protein, low in sugar. It's fat free and made from all-natural ingredients. It's a new fuss-free way to give you 20g of high-quality protein before and after exercise.

Sign up at menshealth.co.uk/summersixpack now!

SIGN UP NOW FOR THE SUMMER SIX-PACK CHALLENGE AT



PHASE 1

THE PREP

When starting any new exercise regime it's vitally important not to go too hard too fast. Over the first fortnight of your six-week regime, you'll run through taxing workouts that will adapt your body for the heavier lifting to come. It may be just the stretching before the main event, but it'll really make you sweat.



PHASE 2

THE BULK UP

For weeks two and three of the challenge, with your body now ready for some serious lifting, you'll be using classic compound exercises to tax every muscle, sending growth hormone and testosterone levels soaring and, as a consequence, troubling the seams of your shirts.



PHASE 3

THE CUT

Over the final two weeks, the focus moves from shifting heavy metal to shifting your belly. Expect furious circuits and ever-decreasing rest periods. Don't expect to be able to do much walking without a grimace on your rest days.

MENSHEALTH.CO.UK/SUMMERSIXPACK




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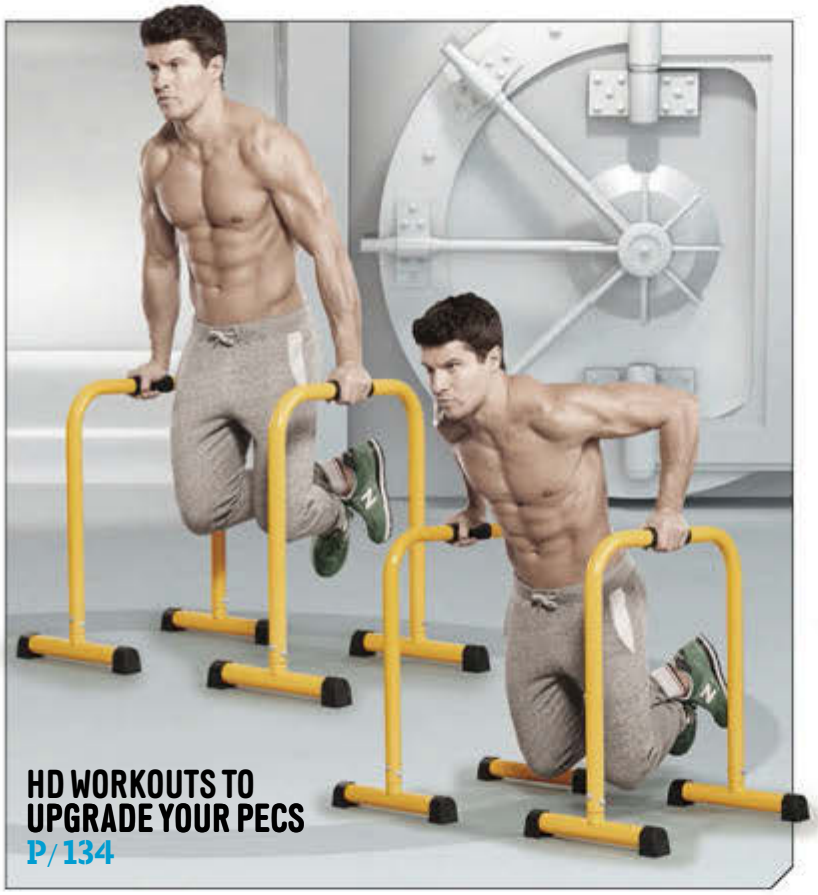
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HAVE SHOES, WILL TRAIL RUN P/139



THE SWEET WAY TO BURN OFF PAIN P/133



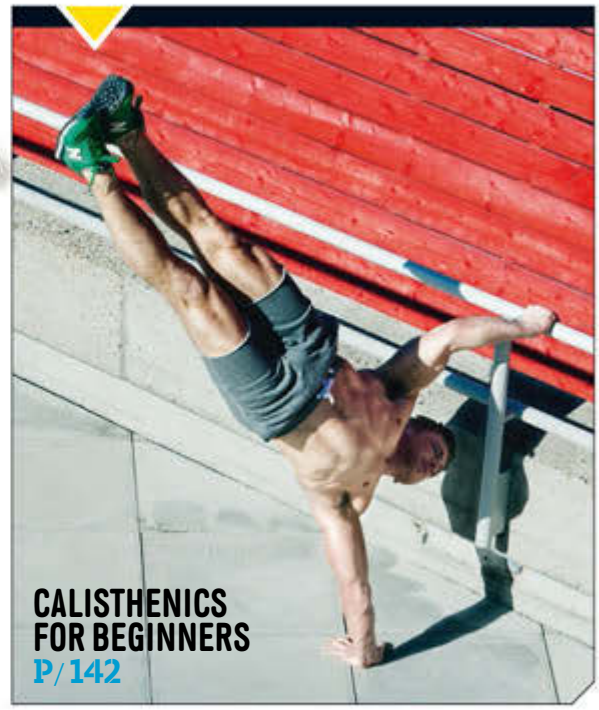
HD WORKOUTS TO UPGRADE YOUR PECS P/134



BAG A NEW MH 6-PACK P/128



MUSCLE FUEL IN MINUTES P/131



CALISTHENICS FOR BEGINNERS P/142

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HOW CAN I STRETCH MYSELF STRONGER?

Building muscle mass doesn't begin and end with dumbbells and whey powder. Take your stretches to the next level with these tips to prime your body for exercise and keep yourself injury-free

START BY SHAKING THINGS UP

PICK UP GOOD VIBRATIONS

You know that satisfying shake in your muscles as you stretch out? That's your stretch receptors activating, which means you're in the recovery sweet spot. If soreness prevents you from going deep enough to feel the wobble, hop on a vibe plate. The motion mimics the shakes during more gentle stretches, which helps to boost your muscles' recovery.

NO PAIN = MORE GAIN

Intense exercise causes micro-trauma to your muscle fibres and aggressive stretching can make it worse. Stretch lightly until you can feel it without pain. It'll realign your fibres – and reduce wincing on the stairs.

GO FOR A FULL 15

While a quick tap of your toes won't cut it, a 15sec stretch is time enough. Don't waste time going for longer – this isn't yoga, and research shows you'll see no extra benefit. We all know those lengthy 'cool-downs' are just an excuse for a lie down, anyway.



TAKE A DEEP BREATH

Breathe out for 5sec as you sink into each stretch, then repeat the exhale. Regulating your breath helps your muscles to relax and become pliable. You'll naturally draw up your pelvic floor too, which fires up your abs as a bonus.

JOIN THE BAND

Wrap a resistance band around your foot during any major leg stretch and pull it toward you. This adds stability to each move for maximum control and, if you're already loosened up, provides extra resistance, helping you go harder than before.

RETHINK REST DAYS

As the new fibres of a repairing muscle attempt to contract 24-48hr post-exercise, you'll begin to feel stiff. A separate recovery session will flush out your vascular system and reduce stiffness, but it will also improve flexibility by reversing the effects of adaptive shortening. If you want the gains, you need to put in the extra work.

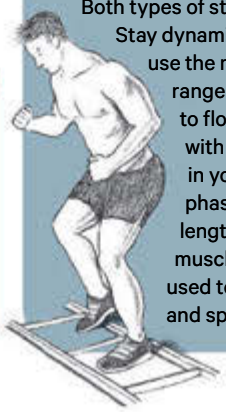


EXPERT Matt 'Stretch' Miller stretchperformance.co.uk

PROFESSION An expert in sports rehab and injury prevention with 10 years' experience at Brighton & Hove Albion FC, Miller will give your next rehab session an elite edge.

DYNAMIC VS STATIC?

Both types of stretch have their place. Stay dynamic during warm-ups; use the momentum for a greater range of motion as well as to flood your soft tissues with oxygen. But go static in your post-workout phase – it works better for lengthening and realigning muscle fibres and can be used to develop flexibility and speed your recovery.



MAKE A PRE-EMPTIVE STRIKE

The best warm-up moves mimic the exercise you're about to do, only weights-free. Try 'good mornings' with a pole to prime your back before you deadlift, or do overhead squat stretches before heading to the rack. It'll save you limping round tomorrow.

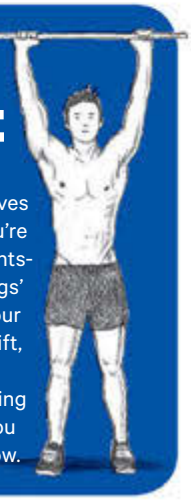


ILLUSTRATION: PETER JAMES FIELD

1 BIT OF KIT, 10 WAYS #05

TIME TO BAG YOURSELF A BRAND NEW PHYSIQUE

Enter sandbag. Dumbbells are fine for isolation exercises, but the shifting, irregular shape and weight of the 20kg bag will squeeze bigger results out of whole-body routines by working your underused stabilising muscles. Perform these moves once every day to develop new definition and all-over strength to boot



01 POWER CLEAN

3 SETS OF 10 REPS

Leave fools to queue for the barbell. From a deadlift position, pull the bag off the floor (**A**). As you pull it up, drag your body underneath it to catch it in a squat (**B**).



02 BEAR-HUG SQUAT

3 SETS OF 10 REPS

Hug your new toy tight to your chest (**A**) and push your hips back until your thighs are parallel to the floor (**B**). Stand back up, keeping your knees over your toes.



03 NECK PRESS

3 SETS OF 8 REPS

The bag's instability gives this move an ab-searing edge. Rest it on one shoulder (**A**) and press above your head (**B**), then lower it to rest on the other side.



04 FORWARD LUNGE

3 SETS OF 20 REPS

Rest the bag across your back (**A**) and drop into a deep lunge (**B**). Push back up from the front foot and stand. You're taking a big step forward in your training.





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05 AROUND THE WORLD

3 SETS OF 10 REPS

Swing into action for a solid core. With feet shoulder-width apart, pivot at the hips (**A**) and circle the bag around your head (**B**). Switch direction and alternate.



06 JUMP SQUAT

3 SETS OF 10 REPS

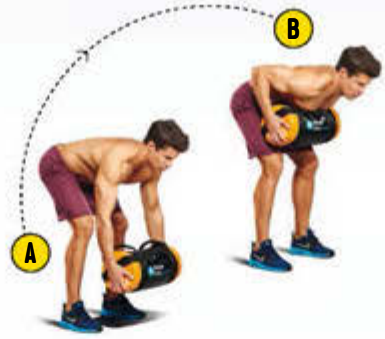
Rest the bag on your shoulders (**A**) in a deep squat, glutes about 12in from the ground. Power up out of the squat (**B**), with your feet leaving the floor.



07 UPRIGHT ROW

3 SETS OF 8 REPS

The grip required here makes this tougher than its barbell equivalent. Grip the bag at either end (**A**). Row it into your ribcage, keeping your back straight (**B**).



08 BAG DRAG

3 SETS OF 10 REPS

Assume a press-up position, bag slightly to your left, then use your right hand to drag the bag under your body (**A**). Repeat using left hand (**B**). Keep alternating.



09 GET-UP

3 SETS OF 8 REPS

Lie down, but don't relax. With the bag on your left shoulder (**A**), push up into a reverse lunge position (**B**). Sit down, **lie back, swap sides and repeat.**



10 OBLIQUE SLAM

3 SETS OF 20 REPS

You're already on the floor, so here's one more. Sit, bag to one side, and lift it in an arc (**A**) as you twist. Slam the bag (**B**), then **reverse the move. Pack up, you're done.**



SPEC

MUSCLES USED



WORKOUT **25** MIN

RESULTS IN **14** DAYS

LEVEL **MED**



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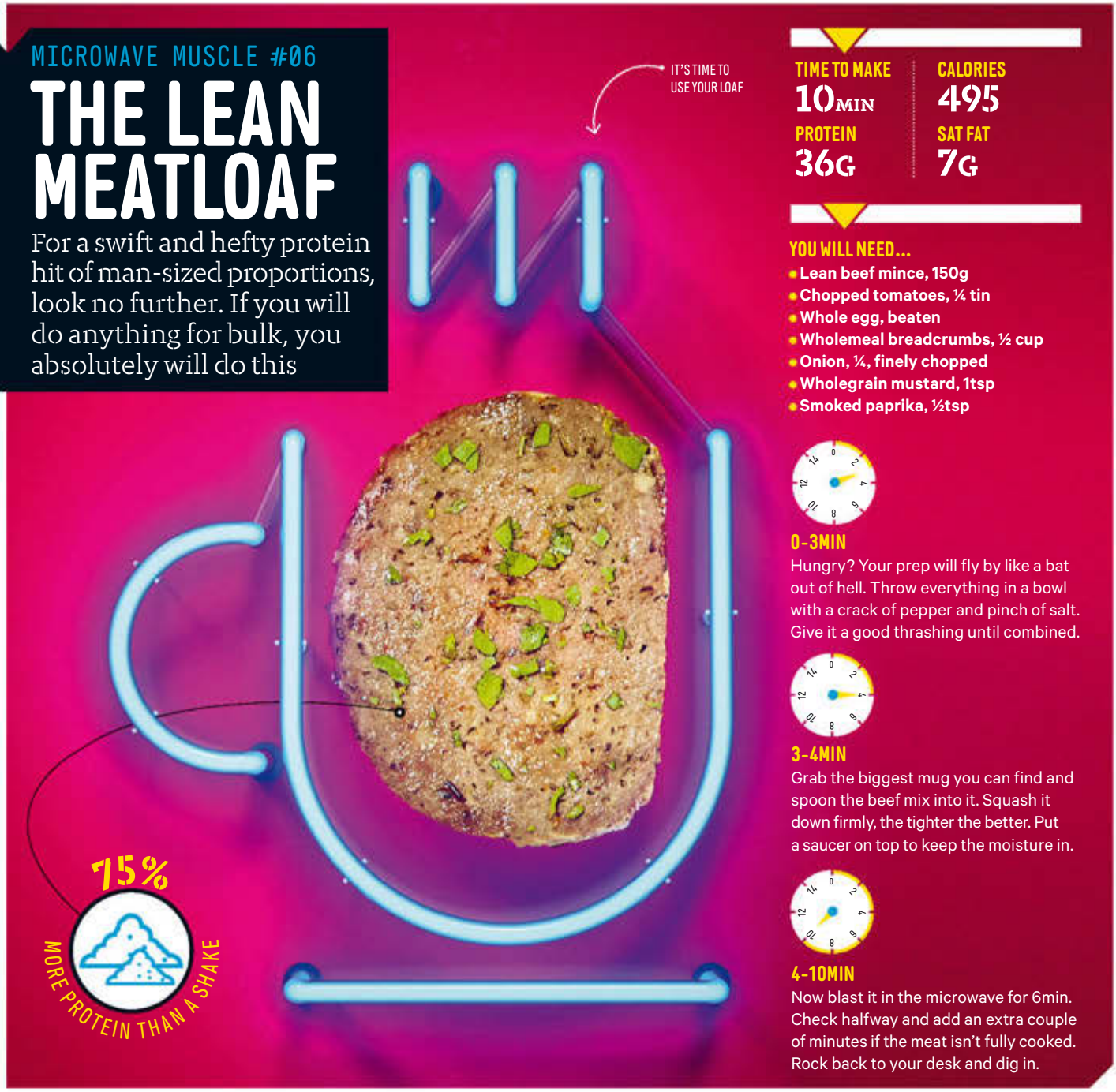
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MICROWAVE MUSCLE #06

THE LEAN MEATLOAF

For a swift and hefty protein hit of man-sized proportions, look no further. If you will do anything for bulk, you absolutely will do this



TIME TO MAKE 10MIN

CALORIES 495

PROTEIN 36G

SAT FAT 7G

YOU WILL NEED...

- Lean beef mince, 150g
- Chopped tomatoes, ¼ tin
- Whole egg, beaten
- Wholemeal breadcrumbs, ½ cup
- Onion, ¼, finely chopped
- Wholegrain mustard, 1tsp
- Smoked paprika, ½tsp

0-3MIN

Hungry? Your prep will fly by like a bat out of hell. Throw everything in a bowl with a crack of pepper and pinch of salt. Give it a good thrashing until combined.

3-4MIN

Grab the biggest mug you can find and spoon the beef mix into it. Squash it down firmly, the tighter the better. Put a saucer on top to keep the moisture in.

4-10MIN

Now blast it in the microwave for 6min. Check halfway and add an extra couple of minutes if the meat isn't fully cooked. Rock back to your desk and dig in.

PROTEIN SHAKES

JERK CHICKEN SPICE BAG

Plain ol' chicken grows boring fast. But with a few cupboard staples and a freezer bag, you can lively up the taste and boost its physique-enhancing benefits

BRING THE HEAT

CHOP a clove of garlic, Scotch bonnet chilli and 1in of ginger. Pop in a freezer bag. ADD the juice of a lime and ½tsp each of pepper, cinnamon, thyme, and nutmeg. SQUEEZE in some honey, throw in your raw chicken and get shaking.

FIRE UP METABOLISM



CINNAMON

The spice of (leaner) life, cinnamon stimulates your metabolism and regulates blood sugar to burn off body fat. Just ½tsp per day lowers your cholesterol, too.

RECOVER QUICKER



GINGER

This kitchen staple is a potent inflammation fighter. Add a teaspoonful to soothe joints and ease those post-gym aches. No squat rack shall get the better of you.

KICK START DIGESTION



BLACK PEPPER

Just a pinch triggers the production of stomach acid, for smoother digestion and better nutrient absorption. Its piperine has also been linked to fat loss. Cracking.

WORDS: ANNIE RICE | PHOTOGRAPHY: PAVEL DORNAK AT HEARST STUDIOS | DIGITAL IMAGING: PETER CROWTHER AT DEBUT ART

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FRANKENSTEIN FOODS #07

BURN OFF ACHES WITH FRUIT & FIRE

Protein is all well and good, but if you want to recover fast after a long workout, you need iron. Combining a touch of sugar with some serious spice will triple your payload

Pump it all you like, but without enough iron in your diet you're going to be mighty stiff. When you're low in the mineral, your muscles can't hold on to oxygen properly, making them more prone to fatigue and pain even after mild exertion. While spinach sits high on the iron-rich list, fruits such as apricots are arguably a more palatable snack for raising your intake. Sweeten the pill further still with some chilli. Vitamin C was found by *The American Journal of Clinical Nutrition* to treble the amount of iron the body can absorb and a handful of chopped chilli has almost double the vit C of an orange. Too hot to handle? Squeeze lemon on your greens if you can't take the heat. Either way, it's guaranteed to make light work of muscular freezes.



PHOTOGRAPHY: ROWAN FEE

FEEL THE BURN TO ENJOY A MORE FRUITFUL RECOVERY

BUILD A BIGGER CHEST

YOUR 28-DAY LABORATORY FOR GREATER PECS APPEAL

The bar for beach muscle has been raised – aimless repping no longer cuts it. If you want a bigger chest by May you need to get scientific with your gym time. Alternate between our two lab-tested sessions to add size faster than ever. You don't need a white coat – but you will require a bigger T-shirt



TURN UP THE VOLUME ON YOUR TRAINING

Before you start building, you need to lay the foundations for growth: strength is the only true shortcut to size. Fusing old-school German Volume Training (a weightlifting staple) with innovative tabata protocols will maximise the flow of blood to your muscles for hyper-efficient results. Rest for two days before you take on the next session.

01
FLAT BENCH PRESS
10 SETS OF 6 REPS

Rack the bar at 75% of your 1RM. Take 4sec to lower it to your chest, maintaining control (**A**) – don't bounce. Explode out of the press without locking out your elbows (**B**); keep your pecs under constant tension. Increase the weight by 2-5% every week, lowering the number of reps by 1. In week 4, go back to 6 reps using 80% of your 1RM. Maths for muscle.

02
ROTATOR PRESS-UP
1 MINUTE

This four-move press-up circuit forces blood into your pecs, providing them with nutrients and improving your posture to iron out any imbalances. Form a line from head to heels, turning both hands out at 45 degrees (**A**). Lower until your chest almost touches the floor (**B**) then explode up. Work for 20sec on, 10 off. Take 90sec rest when your full minute's up.

SHORTS LIGHTINGBOLT-USA.COM; NIKE ROSHE RUN FLYKNIT TRAINERS JDSPORTS.CO.UK



03
REGULAR PRESS-UP
1 MINUTE

By now you'll truly begin to feel the 'pump' – a physical response that helps stretch out your muscles and increase the elasticity of your skin, making room for more growth. Again, ensure your body is in a straight line – form is everything (**A**). Lower your body as a single unit (**B**) and press up hard with your hands. Work for 20sec on, 10 off, then rest for 90sec.

04
ELEVATED PRESS-UP
1 MINUTE

Raising your feet on a solid platform targets the upper part of your pecs (NB it's still no excuse for deep V-neck Ts). Rest your toes on the platform (**A**). The same rules apply with posture, but tense your quads and glutes as you lower to the floor (**B**). The lactic acid will make each rep a struggle: don't worry about numbers, just keep going for 60sec. Now take 90sec off.

05
POWER PRESS-UP
1 MINUTE

Finally, the press-up version of a squat jump. Try adding a clap if you have enough energy. Lower yourself under control (**A**). This time, explode upward so your hands leave the floor briefly (**B**), making sure you engage your chest muscles on the downward journey to provide a cushioned landing. Now take your two days' rest and prepare to stretch yourself.

THE SPEC

MUSCLES TARGETED



WORKOUT
30
MIN

RESULTS IN
4
WEEKS

LEVEL
MED



EXPERT Dalton Wong
EXPERIENCE Head coach at TwentyTwo Training, Wong has 17 years' experience transforming the bodies of A-list actors. He can build you a blockbusting chest
CONTACT @dalton_wong; twentytwotraining.com

PUT YOUR BODY UNDER THE MICROSCOPE

Manipulating the fibrous tissues (fascia) around your muscles can make or break your results. Your next workout allows for greater fascial stretching before hitting the pectoralis major (for depth) and minor (width) to boost expansion in all directions. Rest two days, then go back to session one; keep alternating. A bigger chest is 28 days away.

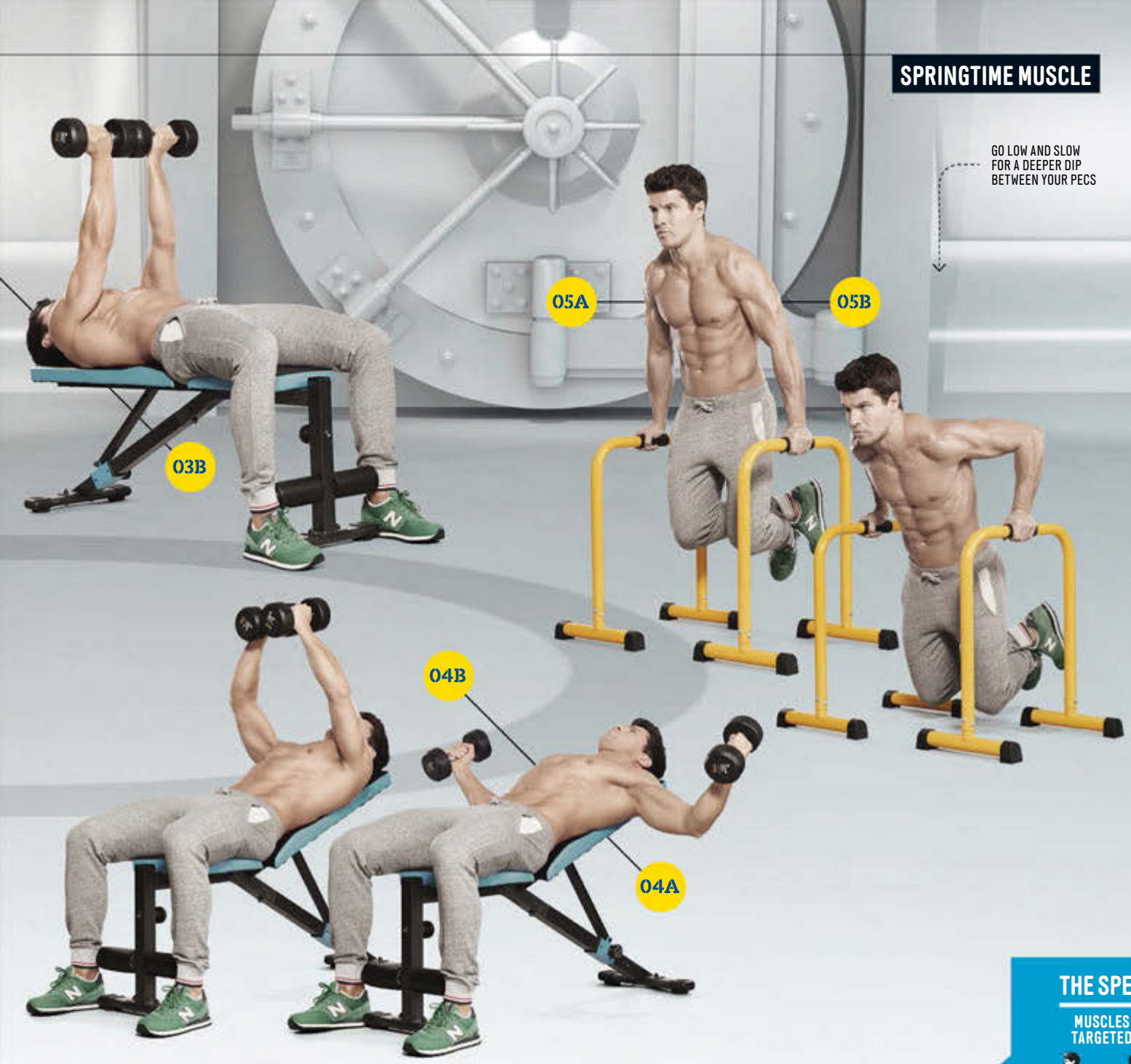
01
MASSAGE BALL
1 MINUTE PER SIDE

Increased flexibility of muscle tissue means you'll hit more fibres when you're lifting and do so with a greater range of movement. Pick up a massage ball, lie on your front and lean into the ball so it rests under your collarbone **(A)**. Roll the ball along the length of your collarbone and into the pec minor – the part furthest from your breastbone **(B)**.

02
INCLINE DB PRESS
4 SETS OF 12 REPS

Lying at an angle targets the fibres in your upper chest, while dumbbells make the most of your now fuller depth of movement. Set up the bench at a 45-degree angle and perform at a 4:1 tempo ratio. Lower the weights to the side of your chest and twist your palms in **(A)**. Explode up without locking out your arms, twisting your palms to face forward **(B)**.

PHOTOGRAPHY: PHIL HAYNES | MODEL: LEE AT APM | STYLING: SHARON AGRICOLE
GROOMING: SUSANA MOTA | CGI BARRY DOWNARD



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SQUEEZE HARDER TO EXPAND YOUR PHYSICAL BOUNDARIES

03
AROUND THE WORLD FLY
3 SETS OF 12 REPS

This encompasses every part of your chest, from the sternal fibres (the 'pushing' muscles) to the less-explored clavicle fibres (for pulling). You won't need much weight to benefit here. Start with the weights touching just over your chest, palms facing forward (**A**). Move your arms out and up in an arc, rotating the shoulders to finish with your palms facing inward (**B**).

04
INCLINE FLY
3 SETS OF 10 REPS

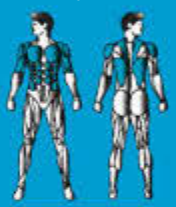
This move keeps your chest muscles and stabilisers fully engaged throughout. Make sure your feet are grounded – the weight is too heavy if you need to move your legs for extra help. Set up a bench at 30 degrees and lower the dumbbells outward with your elbows slightly bent (**A**). Bring your arms upward and inward in a hugging motion until they're touching (**B**).

05
WIDE-ARM DIP
4 SETS OF 12 REPS

A wider grip shifts emphasis from your triceps to your chest. Lock your arms and lean forward, keeping your forearms vertical (**A**). You'll feel a stretch in your chest as your elbows reach 90 degrees (**B**). Engage your chest and triceps to push up. Take two days' rest before going back to the first session and watch solid science in action.

THE SPEC

MUSCLES TARGETED



WORKOUT
40
MIN

RESULTS IN
4
WEEKS

LEVEL
MED

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FIRST GEAR #07

TRAIN ON THE RIGHT TRACK

Tackling your first trail run requires heavy-duty gear. This kit will protect you from torrential rain, terrible map reading and a sprained ankle in the back of beyond

PURE TREAD

Pounding pathways not pavements requires shoes fit for purpose. Nike's Zoom Terra Kiger 2s come bearing aggressive rubber 'lugs' and extra heel cushioning to boot. *£110 nike.com*

TRACTION CONTROL

Sticky rubber in the forefoot of the sole gives you the best grip on slick surfaces

LOST AND FOUND

Both wind- and water-resistant, this Ronhill Pursuit jacket is ideal protection. Plus if you get lost (trust us, you will), at least you'll be bright enough to find. *£36 gooutdoors.co.uk*

RUB THE RIGHT WAY

Put down the talc and nipple tape. Bodyglide's balm moisturises your skin to protect against dryness and friction in dry, hot, cold, humid and even windy conditions. *£10.50 simplyswim.com*

NO BLISTERING SPEED

Mangled feet haven't been a badge of honour since you did your DofE. These Nike socks use Dri-FIT fabric to wick away sweat. It's a win in the war against blisters. *£6 gooutdoors.co.uk*

GAMMA RAYS

Packing 80hr of battery life and 88 lumens of white LED, Alpkit's Gamma is the ideal partner for long runs after dark. At 118g, it's as light on your head as your wallet. *£17 alpkit.com*

WORDS: DAVID MORTON
PHOTOGRAPHY: LOUISA PARRY

MID-RACE MEDIC

You're bound to get a few cuts and scrapes as you find your feet. This kit weighs in at just 85g and has everything for basic wound/blister management. Strap yourself up and get back in the race. *£10 castlebergoutdoors.co.uk*



BACK TO BASE

Endless layers ensure warmth but constrict movement. Mizuno's heat-capturing fabric on the front, and DryLite fabric on the sleeves and back, do the job. **You're welcome.** *£36 runandbecome.com*





EMERGENCY RATIONS

A pocket on the harness provides easy access for energy gels while you're on the hoof

HANDS-FREE HYDRATION

Even if you're running in the pouring rain, you can't skip on hydration. Strap on a 1.5L CamelBak Dart for hands-free drinking and enough room for all your essentials. Running with your phone flapping **in a pocket doesn**'t cut it. *£30 gooutdoors.co.uk*



ROUTEMASTER

Feel free to pinch pennies elsewhere, but it's worth splashing out on a decent GPS. The Leikr has training programmes, detailed routes and even lets you download trails directly. Forget your crumpled paper maps. *£295 leikr.com*

TRAIL AND IMPROVEMENT

It's an obstacle course out there. Use these tips from pro runner Emmanuel Gault to hit the trail, not #epicfail



EYES FRONT

Focus on the ground five metres in front of you. This means you'll be able to spot potholes without the stride-shortening effect of looking at your toes.



TRACK IT UP

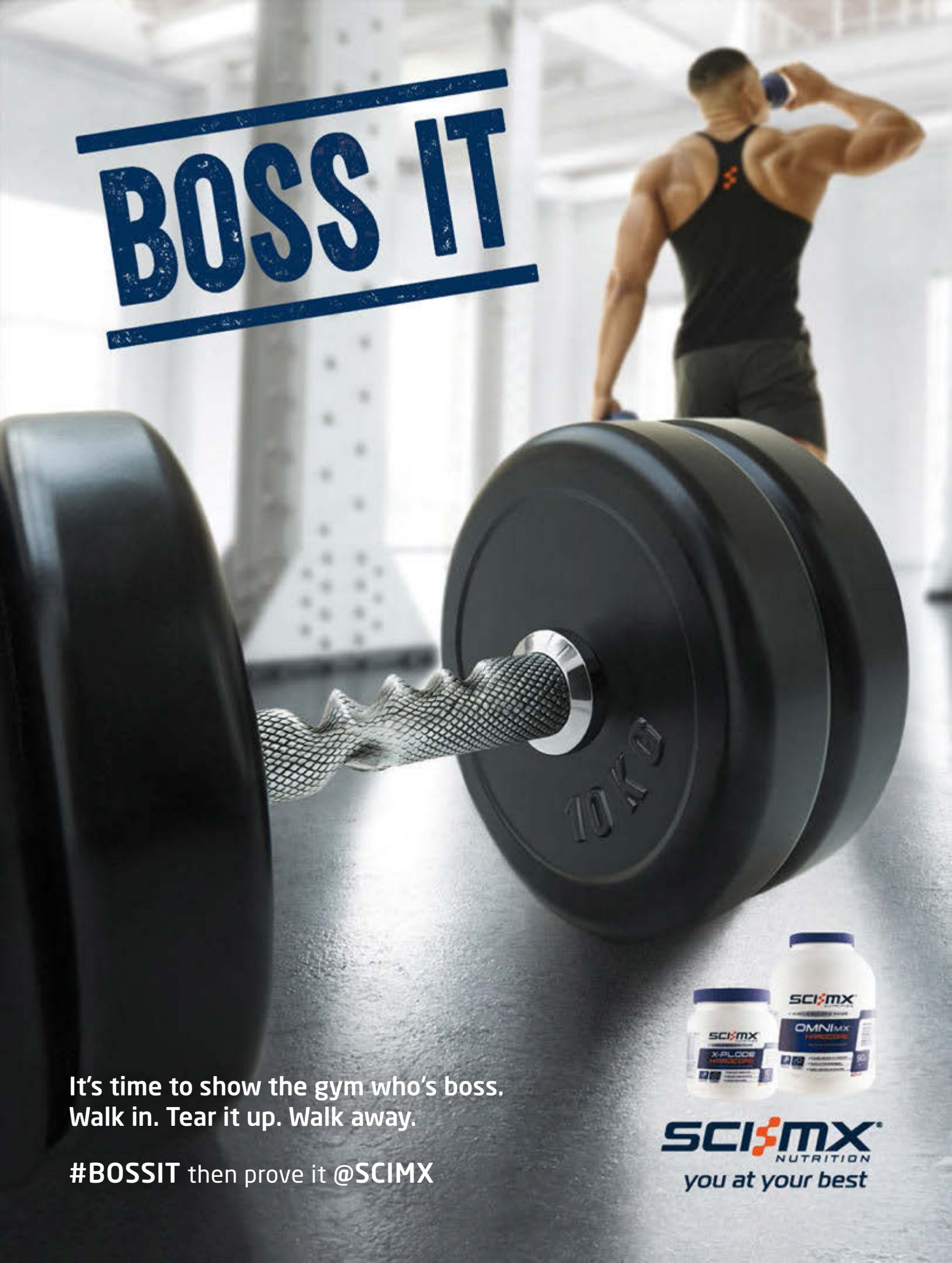
Don't go off piste. Look for footprints, tracks or flattened patches from other runners to ensure safe passage. Equally, look out for lost shoes as a sign of pace-slowing sludge.



GO LARGE

When in uncharted territory, look for the largest and most solid object to land on. Unsteady stones can twist ankles – not great when you're miles from civilisation.

PINE NEEDLES INDIGO-HERBS.CO.UK; PINE CONES BY BUZZ AMAZON.CO.UK | ILLUSTRATIONS: ALCONIC AT SYNERGY ART


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It's time to show the gym who's boss.
Walk in. Tear it up. Walk away.
#BOSSIT then prove it @SCIMX

GET TO TEN #05

FLY THE FLAG FOR IRON ABS

The human flag is a masterly feat, requiring extreme power in your arms, shoulders and back, as well as serious ab strength. But above all, it's the most Instagrammable move out there. Follow our plan to send your 6-pack horizontal



01/ PUSH AND PULL

Predictably, hand placement is key. Your bottom hand should face away from you on the ground or pole, fingers pointing down so it can push. The top hand does the pulling, so grab the bar with an overhand grip. Place your hands wider than shoulder width.

02/ LOCK AND LOAD

Making sure your elbows stay locked, push hard through your bottom arm while you pull just as hard with the top one. Tense your abs and point your toes to slowly lift your feet off the floor. Don't be surprised if you can only manage a second or two at first.

03/ HOLD ON

Aiming to be as straight as possible for as long as you can is tough, so try different leg positions to build up to it. Tucking your knees up reduces the difficulty, so start there. Then try a straddle flag, with your legs held wide open, before moving on to full mast.

#GetTo10

Pick a creative spot, do your 10sec and post your video with this hashtag

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Men's Health UK
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WORDS: JAMIE MILLAR | PHOTOGRAPHY: STUART HENDRY | MODEL: JAMES AT W ATHLETIC | GROOMING: SABINE CHAMMAS



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** Nielsen 11-10-14*



SURVIVAL MANCHESTER

YOU AGAINST THE NATION

THERE'S NEVER BEEN MORE OPPORTUNITY TO TEST YOUR LIMITS IN 2015 THAN WITH RAT RACE. WE PREVIEW THEIR NATIONWIDE PORTFOLIO TO PUT YOU ON COURSE FOR A GREAT ADVENTURE

Britain's favourite adventure sports company turns 10 this year and we want you to help us celebrate. To mark a decade in the business of making Britain's best adventure races, Rat Race is hosting more events than ever before. From city centres to mountain tops, covering 5km or 100s of km, Rat Race has enticed half a million people to take to their feet, bikes and boats in the name of adventure. Check out the amazing list of events on offer, plot your Rat Race route around Britain, and make 2015 the year you become a true #RatRacer. Challenge accepted.

MAN VS MOUNTAIN



SURVIVAL LONDON



SCOTLAND COAST TO COAST

FOR MORE INFORMATION ABOUT HOW YOU AND YOUR FRIENDS CAN SIGN UP AND TAKE



ADVENTURE RUNS

1/ THE MIGHTY DEERSTALKER
14 MARCH

A mountain run, at night, in tweed, followed by a notorious after-party. Crowd-surfing meets trail-running.

2/ DIRTY WEEKEND
9 MAY

The world's biggest assault course packs 20 miles and 200 obstacles into the grounds of stately Burghley House.

3/ TRAILBLAZER SOUTH
6 JUNE

Bedgebury Pinetum hosts one of the best value days out in running, picturesque trails, traffic-free 10k and half marathon routes.

4/ TRAILBLAZER NORTH
27 JUNE

The northern installment of the 'Festival of Trail' takes place at Clumber Park, in the depths of Sherwood Forest.

5/ LONDON RIVER RAT RACE
25 JULY

This 10k aquatic assault course in the heart of Docklands boasts an enormous water jump, inflatable fun and sections of kayaking.

6/ STOCKTON RIVER RAT RACE
29 AUGUST

Features a trademark 20 foot high 'Walk the Plank' from a pirate ship, a white water descent and a climb over the goliath of the Newport Bridge.



7/ MAN VS MOUNTAIN
5 SEPT

From sea level to the summit of Mount Snowdon, plus an abseil, a lake jump, and the soul-crushing "Vertical Kilometre" for good measure.

8/ SURVIVAL CARDIFF
27 SEPT

These stalwarts of the UK adventure racing calendar should be on any *MH* reader's list. The Cardiff event kicks off proceedings with a race around Cardiff Bay. 10k – 50 obstacles minimum.

9/ SURVIVAL NOTTINGHAM
10 OCT

The original Survival has been going since 2008 and packs a 10k and a 21k course, with 50 and 70 obstacles.

10/ SURVIVAL EDINBURGH
18 OCT

The course twists and turns across the stunning city centre, including Arthur's Seat, Princes Street Gardens, Calton Hill and the mighty Castle itself.

11/ SURVIVAL MANCHESTER
7 NOV

Expect a wet and wild 10k course and a brand new 21k course at the Manchester event, based within the Etihad Stadium.

12/ SURVIVAL LONDON
21 NOV

The biggest one-day adventure race in Britain, more than 10,000 #RatRacers in Wembley Park for a 10k route with over 100 obstacles.

ENDURANCE CHALLENGES

13/ THE WALL
20 JUNE

A 69-mile World Heritage route between Carlisle Castle and Newcastle Gateshead Quayside, the UK's largest ultra-run.

14/ THE CROSSING
10–12 JULY

Three days. Three national parks. Two coasts. One crossing. The Crossing traverses Northern England with a mountain bike route and finishes on Scarborough seafront for a cheeky '99.

15/ SCOTLAND COAST TO COAST
12–13 SEPT

1200 challengers taking on a 106-mile route involving running, biking and kayaking. Taking in the sights of Loch Ness, Glencoe and the West Highland Way.

16/ CITY TO SUMMIT
DATE TBA 2016

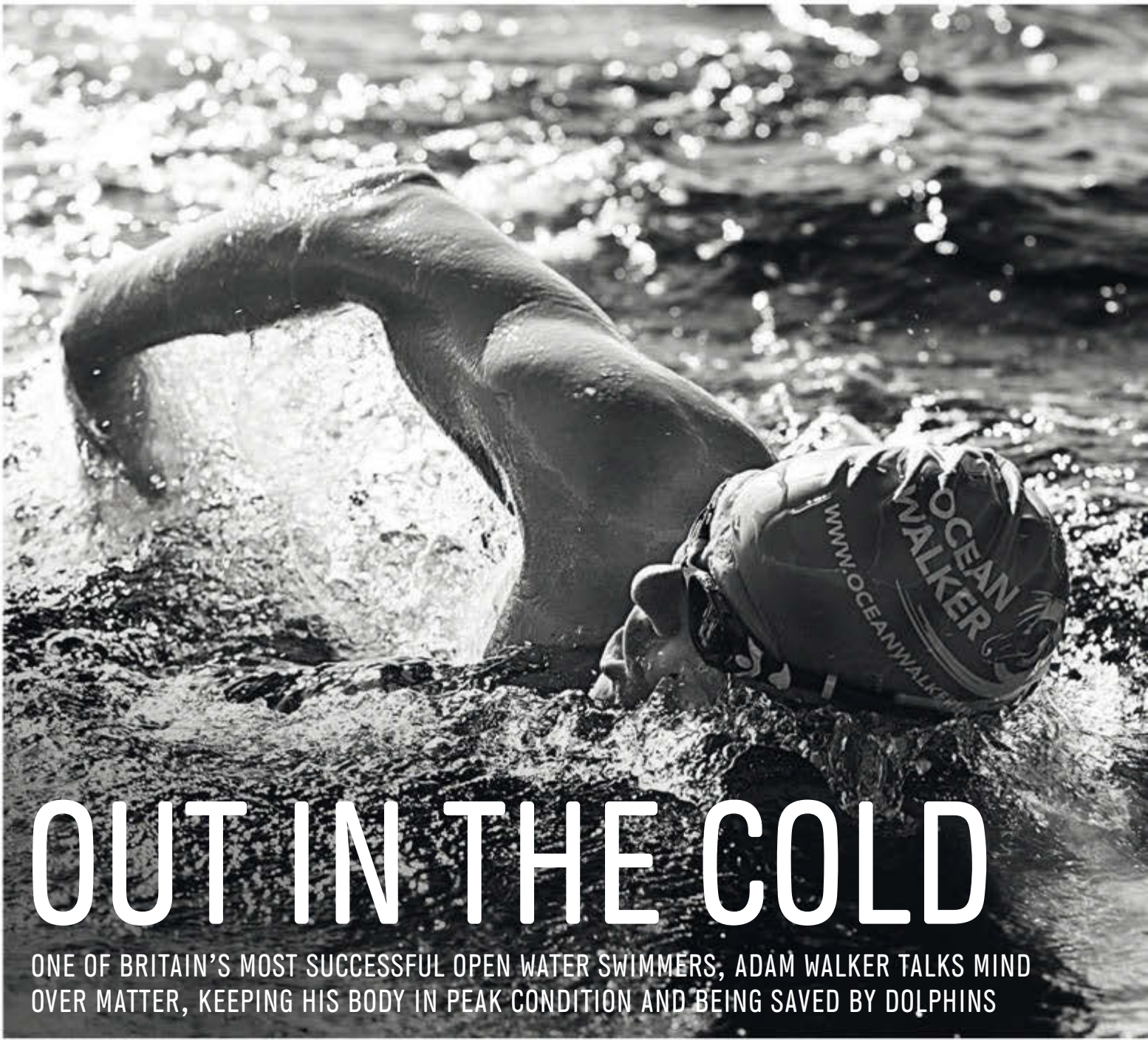
This triathlon event starts with a sea swim beneath the Forth Bridges then 118 miles of stunning Highland roads to the final run stage that takes in the summit of Ben Nevis.

17/ ROAD TRIP
DATE TBA 2016

450 miles between London and Edinburgh by bike. Pedal hard for the country's toughest weekend in the saddle.

PART IN BRITAIN'S BEST ADVENTURE RACES, HEAD TO RATRACE.COM

RAT RACE ADVENTURE SPORTS



OUT IN THE COLD

ONE OF BRITAIN'S MOST SUCCESSFUL OPEN WATER SWIMMERS, ADAM WALKER TALKS MIND OVER MATTER, KEEPING HIS BODY IN PEAK CONDITION AND BEING SAVED BY DOLPHINS



As the first British person to swim the Oceans 7 – the toughest seven channel swims in the world – Adam Walker understands pressure, hard work and dedication.

For the Nottingham native, life changed in 2006 during a flight to Australia where he watched the film *On A Clear Day*, about a man who swims the English Channel. The film would motivate him to take up the open water challenge. "In my mind it's one of the toughest endurance sports in the world and that was the reason I did it."

Since then, Adam has swum the hardest locations known to man, from the Molokai Strait in Hawaii to the Tsugaru Channel, Japan and the Strait of Gibraltar – becoming the second-ever person to complete the Oceans 7 on their first attempt. But it wasn't without adversity and miracles, from not stopping after being stung by a Portuguese man-of-war, "I got stung in the spine, and I had to pull two of its tentacles off. My stomach was burning and then mentally I had to get in a place where I could continue and visualize and focus on the end goal and block out the pain", to being kept safe from a shark by a pod of dolphins. "Even when I went to have a drink off the boat, the dolphins waited for me... there's a video of it with five million views on YouTube."





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ADAM'S ROUTINE

WITH HIS BODY UNDER CONSTANT STRAIN, ADAM FOCUSES ON A STRICT FITNESS, NUTRITION AND SKINCARE ROUTINE

THE DAILY GRIND

I split training between the open water and the pool. I do 5 to 6-hour swims to get ready for the channel swim and then I train anywhere between 25km to 60km in the pool, before upping the open water swims from May.

FOOD FOR THOUGHT

I carb-load for two or three weeks before a competition with a real focus on the last three or four days. I have a lot of brown rice and pasta, balanced out with proteins and fats. It averages about 60% carbs, 20% protein and 20% fat.

AVOIDING TEMPTATION

I try to stay clear of sugars. It's tempting when you're burning 1100 calories an hour to try and rush the calories on board. I have dried mixed nuts afterwards to stop the cravings but once you're four or five hours into a swim all you're thinking about is chocolate and the sugar rush.

LOOK AFTER YOUR SKIN

You're going from chlorine, which is drying your skin and hair to the salty sea that then removes nutrients from your face, so it's very important that I moisturize my face every time I train to avoid it getting sore.

CLARINS CONVERT

I use Active Face Wash followed by Super Moisture Balm in the morning, then as soon as I am showered after training and again at night. The balm keeps the moisture in and stops my skin from drying out, it battles against the elements of sea water and chlorine and keeps me looking fresh.

CLARINSMEN

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LIVE FOR ADVENTURE



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*MEN'S SIZE LARGE, OTHER SIZES VARY.

STYLE

LET THERE BE LIGHT

The weight is over

Lift up your summer wardrobe without raising your temperature with this helium-light blazer and desert boot combo

PHOTOGRAPHY / CHARLIE SURBEY **STYLING** / ERIC DOWN

It's that blessed point when the weather (hopefully) picks up and you need to adjust your tailoring accordingly. Frankly, it doesn't get much lighter than this sky-blue blazer, which as well as being completely unstructured is also made from 100% cotton fabric no heavier than your average shirt. Throw it on over an actual shirt, or even a T-shirt, to avoid being weighed down. And you'll be wanting some softer, less structured shoes too.

Based on the footwear worn by British troops in Egypt during WWII, the desert boot is as well suited to deployment in warm weather as its name suggests. This refined pair upgrades the usual 'crepe' rubber sole with a sleek (and light) trainer-style one but maintains the suede upper, which unlike polished leather has open pores that allow it to breathe. Along with your feet.

FLOATY LIGHT
The fabric of this blazer tips the scales at just 143 g/m2 – by comparison, a typical tailored jacket material would be 250-350. It's the easiest way to drop the winter pounds.

INSTANT UPGRADE

BLAZER £90
MASSIMO DUTTI
BOOTS £240 TOD'S

MASSIMO DUTTI MASSIMODUTTI.COM | TOD'S TODS.COM

THE MANUAL

Let us lighten your load

Looking your best doesn't have to be a burden. From luggage to laundry via fabrics and folding, MH's guide will take the weight off your shoulders

WORDS / TOM BANHAM PHOTOGRAPHY / MITCH PAYNE



PICK-UP ARTISTES

Spare your baggage allowance and rotator cuff with deceptively light luggage that still holds up

01 CARRY-ON

Brit designer Christopher Raeburn has recycled surplus PrimaLoft – a lightweight fabric woven from ultra-fine polyester and merino wool, created for the US Army.

£180 CHRISTOPHER RAEBURN

02 WEEKEND

At just 900g, you're carting roughly half the weight of its leather equivalent thanks to the same ballistic nylon that kept WWII airmen protected from shrapnel.

£185 VICTORINOX

03 BUSINESS

CX6 isn't stiff – it can be moulded. This briefcase handles like leather but is a third of the weight. There's laptop space and a slot to attach to your wheelie case handle.

£995 TUMI

04 SHORT HAUL

Made from the same polycarbonate as the plane, the flex of this bag absorbs impact, so your clothes are safe from UV radiation, engine heat and baggage handlers.

£785 RIMOWA

05 LONG HAUL

For over a century, Globe-Trotter has made its luggage from vulcanised fibreboard – so paper, essentially. Featherweight but still strong enough to hold an elephant.

£800 GLOBE-TROTTER

06 HOLIDAY

With a built-in scale in the handle, a double zip system that's 65 times stronger than average and a super-light 2.3kg polyester shell, bag-check will be a breeze.

£189 DELSEY

Carry on packing

Whether it's a business trip or a city break, cut time, effort and weight with these space-saving tips from Holiday Inn efficiency engineer Dave Hax*



A / CONCRETE SHOES

Wear your heaviest ones and stuff secondary pairs with rolled underwear. Stow in shower caps and pack heel-to-toe in the bottom of your upright case to stop them crushing anything else.



B / CLOTHES PRESS

Don't fold, roll: bulky pieces like trousers individually, light ones like Ts stacked together to create equal-sized cylinders. Slot next to your shoes at the bottom of your case. A level base disperses pressure.



C / STUFFED SHIRTS

Fold as usual (arms in, then in half) then put rolled-up belts in the collars to stop them getting crushed. Layer on top of your shoes, Ts and trousers with the collars at opposite ends so they square up.



D / JACKET IN

A suit bag is an extra burden, so wear your jacket on the plane. Pack any spares by turning them inside out without pulling the arms through, then putting one shoulder into the other.



E / EXTRA GROOM

Your washbag is surprisingly heavy. Slot a bulldog clip over your razor and decant products into smaller bottles (£2 muji.com). Screw the lids over squares of clingfilm to prevent a sticky situation.

BLANC CHECKS

Follow these flawless washing instructions for whites even brighter than Walter

ZERO SHADES

"Never wash whites with colours," says West End theatre wardrobe mistress Paula McIntosh.

DIRTY SECRET

Don't wash all whites together. "Separate heavily soiled items like sports socks," says McIntosh.

WHITE STRIPES

"Wash striped items separately," advises McIntosh. "A Colour Catcher sheet will prevent dye leaks."

COLD PRESS

"Iron shirts damp," says Liana Bobina, head housekeeper at the Marriott Hotel, Grosvenor Square.

BASKET CASE

Don't second-day shirts. "Your skin's oils can discolour collars and underarm areas," says Bobina.

DARK PITS

Kill yellow stains on shirts with bleach. "Soak overnight then wash on a hot cycle," says McIntosh.

LAUNDRY FAIRY

Spot-treat any grease stains with washing-up liquid and a toothbrush, says McIntosh.

LIGHT TOUCH

"Rubbing stains can ingrain them more," says Bobina. "Always dab them." Not on your teeth, though.

*NOT HIS REAL NAME, SADLY

GAUGE THE FABRIC WEIGHT

Dress for the season and remove heavy guessing with our scale

DAMN FINE

DAMN HEAVY



CASHMERE

Fibres measuring 14.5 microns in diameter trap heat for warmth. Don't be fleeced by the lower-grade wool, which leaves a residue when rubbed.



MERINO

Ultra-fine (below 15 microns) belongs next to your skin. Its sweat-wicking qualities make merino nature's – and hipster cyclists' – base layer.



COTTON

With sweat-sucking, breezy cotton, Ts in 4.3oz (oz per square yard) occupy the sweet spot between light and transparent; save 6.1oz for winter.



LINEN

Absorbs up to a fifth of its weight in water, so a 5oz shirt can wick perspiration. For tailoring, go heavier – around 8oz – to avoid wrinkles.



DENIM

A 14oz is your go-to; above 16oz will give you sweet fades but less-sweet chafing; Naked & Famous' 32oz jeans can stand up by themselves.

WARDROBE CLASSIC

Anchor your look

Send your heavy knits to Davy Jones' locker for summer and net a lightweight fisherman's jumper instead

PHOTOGRAPHY / CHARLIE SURBEY

The phrase "fisherman jumper" might make you think of winter squalls. But this season's catch is less Ernest Hemingway trying to work out where his beard ends and his roll-neck begins, more JFK on his yacht off Cape Cod (1). (Although incidentally, Hemingway's roll-neck was actually from Dior: papa had some serious style chops.)

The cream colour is faintly redolent of the traditional Aran fisherman jumpers, which are hand-woven on the tiny Irish islands of the same name. But whereas those are made from unwashed wool with natural waterproofing oils that smell faintly of sheep, this is woven from fine Pima cotton, which is breathable, more durable than standard and particularly resistant to piling, so you won't have to shear it.

It's thick enough to keep you warm during the tricky transition period from spring to summer, or day to night, but not so heavy-duty that you'll get heatstroke. Pima is silky soft too, so you won't scratch yourself raw.

And unlike those overfed fisherman's friends, this modern version has been on a (presumably pescatarian) diet. It still maintains the ribbed pattern, which is just rugged enough to complement a tough fabric like denim. But it's refined and slim enough to go under a blazer in a smart-casual look, thanks to the raglan sleeve (in English, the seam running from neck to pit) that trims in excess sail around the armhole. Aside from the updated shape, and the fact that similar pieces have washed up the catwalk for spring/summer 2015 (see Canali (2)), what makes this example feel particularly right now is the disruptive diagonal ribbing on the sleeves. Or you could take a leaf from Jay Gatsby's book and just wear it with some tailored trousers for a slightly louche but still put-together combo. (3)

Indeed, a cream jumper doesn't have to be old-school preppy or cricket-player casual: it can look cutting-edge over a crisp white shirt with a sharp pair of trousers, or even under a leather biker jacket with a pair of tailored joggers. It's your dependable fair-weather friend.

JUMPER £135 FOLK AT MRPORTER.COM

STAR BOARD

Catch dressing tips from this cast of style captains



01

HAVE YACHTS

JFK's lightweight knit was almost as much of a summer go-to as The Hamptons for the president of preppy style. In warmer months, it's all the outerwear you need in a sea breeze.



02

PLAY SWITCH

Italian house Canali was on its sports lux game for SS15, showing how a cream jumper can team up with slim tailored trousers (bonus points for pleats) and clean white trainers. The sweatshirt-style V-stitch at the collar helps.



03

GREAT COMBO

The cream sweater (with subtle nautical stripe) that Leo DiCaprio rocks with linen trousers is probably the only tasteful and understated thing in the Jay Z-soundtracked *Great Gatsby* adaptation.


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THE WRIST ASSESSOR

Lighter than air time



WATCH OBSESSIVE ALEX DOAK WRITES FOR *THE WATCH GALLERY* AND *OP*. HERE, HE KEEPS US UP TO THE MINUTE WITH NEW DESIGNS

Heavy metal time has passed. The finest horological minds are now focused on shedding the pounds – as is the smart money

PHOTOGRAPHY / PIOTR GREGORCZYK **STYLING** / ERIC DOWN

Real watches are driven by technology that's effectively 200 years old: a delicate concoction of wheels, springs and levers. This is their raison d'être: to be new is to miss the point. But things must progress. So rather than reinventing those wheels, Switzerland's tweezer-wielding boffins are keeping their time machines cutting edge by tinkering with the packaging.

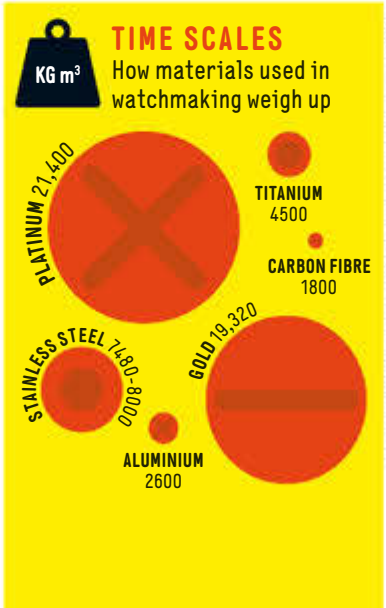
By switching up from the usual steel or gold to high-tech, low-weight materials such as ceramic or aluminium, a watch's case can become the most innovative part, with materials scientists the industry's new rock stars. But scratch beneath the surface and this obsession with weight is not just cosmetic: the lighter a watch, the more practical it is.

Scratching won't actually get you very far in the case of the **Rado Hyperchrome XXL** 1 and its monocoque (read: one-piece) ceramic case, which is ultra-light and ultra-hard – to touch and to make. "Injection-moulding an entire ceramic case with integrated lugs and inserts for push buttons is incredibly complex," says Rado CEO Matthias Breschan, modestly. "But beyond the sheer novelty, ceramic is nice to wear. It's thermally balanced, so never cold to the touch; it's hypoallergenic, so won't irritate your skin; it's easy on your shirt cuffs and, yes, incredibly light and innocuous on the wrist." It's also incredibly good value for such a high-tech piece.

Higher up the price scale, however, brands have had a hard job convincing dyed-in-the-wool collectors that anything not encased in gold or platinum is worth more than its weight. At least until Richard Mille came along. "I was fighting against perceived value," recalls Mille, who has been experimenting with weight reduction since the birth of his eponymous Swiss-made concept brand in 2000. "A titanium watch could not be luxurious because it did not weigh enough. But mentalities changed. Collectors realised the extreme lightness meant I was using the best technology."

Even athletes have benefitted from Mille's approach, not just when posing for cameras, but actually during play – unheard of in sports such as tennis and golf where even the slightest impediment could be catastrophic. As well as a G-sensor to clock his 310kmph swing, Masters champion Bubba Watson's barely-there RM 38-01 boasts front and back bezels made from TZP-G, a ceramic based on microscopic tubes of alumina oxide powder injected with green colourant (to match his jacket, naturally). However, at a hefty £614,000, seriously big hitters only need apply.

Thankfully, you needn't spend quite that heavy to buy light. For a watch that won't cause a run on the bank but still ticks the high-tech box, try titanium.



It's a tricky (and therefore pricey) metal to machine on account of its extreme hardness, but its scratch-resistance, comfort on the wrist and tasteful matte grey finish all make it worth it. One of the best-value titanium mechanicals on the market is the **Oris Acquis Regulateur Der Meistertaucher** 2.

Sure, you can go lower, but sub-£2000 represents a bargain for such a lot of finely engineered, catchily named metal: bulky enough to withstand the pressure at 300m below, light enough so you can resurface.

The ultimate high-tech, low-weight material is of course carbon fibre, which you'll find adorning plenty of dials and bezels – principally for the compressed weave's techy-looking shimmer. Few brands craft entire cases from carbon fibre – but when they do, the results are impressive in more ways than one. The elegant **Zenith El Primero Lightweight** 3 available at Harrods comes in at half the grammage of a typical version.

It's not all at the top end either: aluminium is having a moment in the watch world as well as the automotive one. It's cheap, tough and, yes, light, but its real party piece is the rainbow of colours it can come in. As well as making it corrosion resistant, a process called anodisation enables aluminium to adhere to paint or dye better than steel, as the **Hamilton Pilot Pioneer** 4 – available in brown, blue and green – demonstrates.

And proving that aluminium watches are most certainly a movement and not a fad, look no further than the **Swatch Irony XLite** 5, which is metal interspersed with brightly coloured placky inserts and panels. At less than a 'ton', it won't leave your wallet light either.



4
HAMILTON
PILOT PIONEER
£840
110g

5
SWATCH IRONY
XLITE £114
77g

3
ZENITH EL
PRIMERO
LIGHTWEIGHT
£13,200
40g

1
RADO HYPERCHROME
XXL £3390
157g

2
ORIS ACQUIS
REGULATEUR DER
MEISTERTAUCHER
£1950
102g

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SPRAY WHAT?

SHARP MEMORIES
Bergamot has a rich history – used in everything from '60s classic Eau Sauvage to Paul Smith's latest Extreme Sport.



HIT REFRESH
All citrus notes are molecularly light and thus vanish faster than a nude pic on Snapchat. You need to reapply often.

The best of the zest

It's the top-of-the-crops ingredient in this season's fresh, citrus scents. But seriously, what the hell is bergamot?

PHOTOGRAPHY / PIOTR GREGORCZYK **WORDS** / LEE KYNASTON

The fragrance world has never been given to informality: adverts often sound as if they've been scripted by Byron and their descriptions can require a dictionary to decode. But learn to speak their language and you'll be less likely to walk out of Duty Free smelling like a bordello doorman. In this case, bergamot is a small yellowy-green fruit that gives fragrances – and Earl Grey tea – their citrus note. "It's used in scores of scents to add freshness," says James Craven of independent perfumery Les Senteurs. That's because bergamot is more 'rounded' (translated, less bitter) than lemon and grapefruit, while not as tangy as orange. So if you favour a spritely aroma but don't want to smell like a teenager, check for bergamot on the label. It's like comparing cheap plonk with something richer. Oh, and on that note, bergamot is pronounced with a hard 'T' – like Moët.

FRUIT PICKER

Three fine fragrances that are dripping in bergamot



ACQUA DI PARMA
Blu Mediterraneo
"The finest bergamot comes from Calabria in Italy," says Craven. Which is where the oil for this fresh but spicy cologne originates.
£52 FOR 75ML



ERMENEGILDO ZEGNA
Italian Bergamot
This summer scent isn't just fresh and zingy: it's warm and herbaceous too, ideal for work and play.
£145 FOR 125ML



MAISON FRANCIS KURKDJIAN
Aqua Universalis
"Bergamot is present in the full composition, not just the top note," says Craven. If that's your cup of Earl Grey.
£110 FOR 70ML

THE PORTFOLIO

Spin your yarns

Take a new turn with your spring/summer wardrobe by mastering the following four moves – which, thanks to Men's Health's instruction, are far easier to pull off than they look. Don't sweat the technique

PHOTOGRAPHY / DIMITRIS THEOCHARIS
STYLING / ERIC DOWN
WORDS / JAMIE MILLAR



01 CHANGE INTO FRESH PANTS

"Sports lux" – mixing athletic kit with tailoring – is hot right now. But trousers in light wool or linen are also more breathable in warm weather than denim, or even chinos. Plus you might already own some; this pair is part of a suit, wringing more mileage from your two-piece. "Creasing is unavoidable with linen," says designer Mehmet Ali of Savile Row's Hardy Amies (which now stocks New Balance trainers). "But the cut will keep them – and you – looking sharp."

MO FIBRE
Mohair is almost as light and breathable as linen. It helps that this knit's weave is so open it's transparent. Shirt optional – but recommended.

LEG ROOM
Tailored trousers might seem stuffy, but unlike skinny jeans they drape away from your body, which mercifully allows air to flow.

02

RELEARN YOUR STRIPES

Nautical stripes come into port again every spring. "You can't go wrong with a striped top," says Damien Paul, Matches Fashion's head of menswear. Well, unless you look like a sailor. Thankfully, designers have been pushing the boat with new takes that aren't so 'Gilbert and Sullivan'. "Stripes in varying sizes or a contrast pocket make the look less literal – just don't wear them with anything else nautical." Deck shoes will dock points.



LIGHT FOOTED
Canvas is basically woven cotton, so although it's sturdy, it's several steps up from leather in terms of lightness and breathability.

STITCH UP
Although it seems more like a jumper, this T-shirt is knitted from cotton rather than tightly woven, so it'll actually allow more air through.

BAGGING AREA
A bonus of the sweatpants trend: looser layers are cooler in the heat, as they aid air flow and evaporation. Just ask the Middle East.

OPPOSITE
JACKET £40 NEW LOOK
JUMPER £260 KENZO
TROUSERS £275 HARDY AMIES
SHOES £530 LOUIS LEEMAN

THIS PAGE
JUMPER £155 DSQUARED2
TROUSERS £295 3.1 PHILLIP LIM
SHOES £325 GUCCI
AERIAL HOOP £150 FIRETOYS.CO.UK

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VEST £350 GUCCI

TROUSERS £280
LOU DALTON

SHOES £30 DUNE



SILK PANTS
With a high strength-to-weight ratio, silk can be spun lighter than other fabrics. Plus these trousers have mesh panels for added ventilation.

SOLE PUNCH
These espadrilles combine a perforated air-conditioned upper, with a near-weightless EVA sole that stands up better than the rope ones.

NO SHOW
Vests are not just for winter: they can also be a layering piece under an open shirt. Just don't take the shirt off too far away from the beach.

GROOMING: OSCAR ALEXANDER AT ERA USING STRUCTURE HAIR AND COSMETICS À LA CARTE | MODEL: BILLY GEORGE AT W ATHLETIC
PHOTOGRAPHER'S ASSISTANTS: GEORGE CASSAPIDES, LEFTERIS PASAPOULOUS | STYLIST'S ASSISTANT: SARAH MENÉ

03

BARE YOUR FOREARMS

Staying fashionable can mean rehabilitating items hitherto viewed as the very opposite. Such is the case with short-sleeved shirts. Previously relegated to air stewards, they're now promoted by designers and Pep Guardiola. The trend is for a boxier fit with longer sleeves, but it takes skill not to look sloppy. If you have the physique, go slim; high sleeves accentuate your V-shape. And feel free to roll them up. "Sun's out, guns out," after all.

04

DROP THE LINING

Bomber jackets *look* cool – but they were designed to stop pilots freezing at altitude. This one ejects the lining to prevent you overheating, so its insides resemble an unstructured tailored jacket. "Without its lining, the jacket is not only lighter but better ventilated," says John Lewis's head of menswear Nick Keyte. "It also creates a softer silhouette, so looks better with jeans." It's one bomber you won't be ready to take off.

JACKET £1500
LOUIS VUITTON

SWEATER £100
CP COMPANY

TROUSERS £305
NEIL BARRETT

BELT £195 TOD'S

SHOES £169
LUDWIG REITER



ICE WHITE

These trousers are much lighter than your usual jeans, and not just in colour – they're actually made of very thin (and very cool) denim. Trust us.

NO SWEAT

This top is made from light terry cloth, with surface area-increasing absorbent loops on the reverse just in case you do happen to perspire.

FINE LINE

"An unlined jacket actually requires more attention to the finish as the 'skeleton' is fully on display," says Keyte. Sometimes less is more.

CPCOMPANY.CO.UK | DSQUARED2.COM | DUNELONDON.COM | GUCCI.COM | HARDYAMIES.COM | KENZO.COM | LOUDALTON.COM | LOUISLEEMAN.COM | LOUIS VUITTON 0207 399 4050
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62%

of men rank "pleasing my partner" as the main reason for sex toys.* Who says chivalry is dead?

GET INTO HER HEAD

SPRING MAKES FOR BETTER SEX – IT'S SCIENCE. NOW, WITH HELP FROM DUREX YOU CAN MAKE THE MOST OF THE RISING MERCURY LEVELS

The change in seasons does more for your sex life than getting your partner out of their winter onesie. Just as the long, cold nights of winter can leave you feeling low, spring flicks a chemical switch in your brain that boosts sex drive through until autumn. Luckily for you (and her), Durex is here to help you make the most of it, toting a collection of toys that'll put a proper spring in your step. Firstly, the Ultimate Pleasure is an elegantly crafted toy with a range of vibrating speeds for her pleasure – an ideal addition to lovemaking. And secondly, the Ultimate Thrill is Durex's most luxurious sex toy. The powerful rabbit is specially crafted for deep G-spot stimulation. Purchase yours today and put her pleasure in your hands.

CHEMICAL LOVERS

Scientific research says the change in seasons is enough to boost both your body and mind. Which is great news for your sex life

1 SAD NO MORE

Catching rays does more than giving you a tan. Sunshine ramps up her happy hormones, increasing her sex drive.

2 IT'S HEATING UP

So take off all your clothes. Hot weather promotes blood flow to your *really* vital organs for quicker arousal.

3 GREAT OUTDOORS

Find time for a quickie outside. The novelty factor produces more dopamine, giving her (and you) a stronger orgasm.

4 SWEAT IT OUT

Rising temperatures mean increasing heart rates. Perspiration releases more pheromones, heightening attractiveness and putting sex at the top of your agenda.

5 D-LIGHTFUL NEWS

As the springtime sun emerges from behind wintry clouds it increases your vitamin D intake, which boosts your testosterone. Great news for your sex drive.

THRILL SEEKER

Head over to durex.co.uk and get your hands on the new range of sex toys, delivered discreetly to your door



* *GENERATION SEX TOY* SURVEY OF 2000 UK ADULTS AGED 18-60 CONDUCTED BY DUREX IN OCTOBER 2014

GROOMING KNOW-HOW

Lightweights vs **Heavyweights**

Looking good is a constant fight – as is knowing when to use a product that floats like a butterfly or hits like a haymaker. MH sorts the Klitschkos from the Khans

PHOTOGRAPHY / CHARLIE SURBEY **WORDS** / LEE KYNASTON

HEAVYWEIGHTS VS LIGHTWEIGHTS

WATCH THE EYES

1 If your laugh lines are increasingly unfunny, use a cream: a moisturiser for the eye area that plumps up the skin so those (not so) fine lines fade. This one contains reflective mica, to lighten black eyes. No need to cut yourself.

2 Eye gels are best for bags and puffiness because they're cooler and lighter than cream. And since anything cold will shrink blood vessels, a gel with a metal rollerball delivery system, like this one, is better still.

DO HIT THE FACE

3 "A moisturiser's weight depends on its oil and glycerine content," says Dr John Gray, author of *The World of Skin Care*. This cream, with glycerine, castor seed oil and shea butter, keeps your guard up against the elements.

4 "Even the oiliest of skin can still be dehydrated," explains Sally Penford of The International Dermal Institute. In lieu of a corner man, top up with this light, easily absorbed lotion.

LAND AN UPPER CUT

5 "This heavy-duty clay is fantastic for giving hold to thick hair," says celebrity hairdresser Michael Douglas. The advantage of 'Cassius' clays over gels: they're pliable, so you can restyle when you take a drubbing to the head.

6 "If your hair is fine or thinning, avoid clays, waxes or anything that says 'firm hold'," advises Douglas. "These weigh hair down, making it look limp." Instead, use this lightweight mousse for hold and volume.

AIM FOR THE NOSE

7 Want a hard-hitting scent with stamina to match? "Thirty per cent of an eau de parfum is made up of warmer, heavier base notes, compared to 20% in an eau de toilette," explains perfumer Roja Dove. Your fragrance won't flag.

8 "Few scents are as light and fresh as this, which replicates bracing sea salt," says fragrance designer Will Andrews. With zingy citrus, balanced out by woods, it's a bigger hit of spray than a chat with Chris Eubank.



1 CLINIQUE FOR MEN ANTI-AGE EYE CREAM £26 FOR 15ML

2 BULLDOG ORIGINAL EYE ROLL-ON £10 FOR 15ML

3 AESOP ELEMENTAL FACIAL BARRIER CREAM £37 FOR 60ML

4 LAB SERIES OIL CONTROL HYDRATOR £29.50 FOR 50ML

5 SEBASTIAN PROFESSIONAL CRAFT CLAY £13 FOR 50G

6 LABEL.M VOLUME PLUMPING MOUSSE £6 FOR 222ML

7 TOM FORD TUSCAN LEATHER EDP £142 FOR 50ML

8 DOLCE & GABBANA LIGHT BLUE SWIMMING IN LIPARI POUR HOMME EDT £38 FOR 40ML

AESOP.COM | MEETTHEBULLDOG.COM | CLINIQUE.CO.UK | DOLCE & GABBANA AT BOOTS.COM | LABEL.M.COM/UK | LABSERIES.CO.UK | SEBASTIANPROFESSIONAL.COM | TOM FORD AT HARRODS.COM | METAL MOULD AMAZON.CO.UK

INVICTUS AWARD SEASON 3

IN IT TO WIN IT

THE PACO RABANNE INVICTUS AWARD SEASON 3 IS ON. HERE'S WHAT IT TAKES TO BECOME THE CHAMPION IN 2015

As the 2015 contestants come together from around the globe hoping to win €50,000 for their chosen sporting project, we spoke to face of Invictus, Nick Youngquest, to see what this year's competition is all about.

What exciting new things can we expect to see in Season 3?
We've expanded the competition to include 10 contestants, which means there's a greater mix of cultures interacting. We've turned up the adrenaline level of each challenge too – expect some white-knuckle rides. Plus, it's played out against the beautiful backdrop of rural Mexico.



What do this year's challengers need to do to win?
After two seasons it's clear you don't have to win all the challenges to become champion. It's about the emotional side of the competition too. The guys who conduct themselves as true sportsmen off the field do the best.

Which contenders have you got your eye on?
The French contestant has shone through all the challenges, but the UK contestant is the leader of the group. He's been very inspirational and once the UK public see him in action, he'll be in with a chance.

What can the contestants learn from the experience?
I hope they have a new outlook on competing and being a role model in their sport's area; to leave here and help others push their sporting boundaries and be better people.

What is the spirit of the Invictus Award really about?
With the Invictus Award we are giving these guys an experience they can take back to inspire their sports and communities.



FOR MORE INFORMATION ABOUT THE PACO RABANNE INVICTUS AWARD AND TO FOLLOW THIS YEAR'S



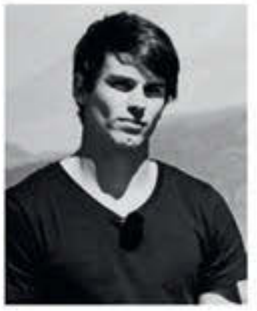
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What was the key to your success?
I always tried to be myself, even when I failed, and made sure I had no regrets. I'm still friends with last year's contestants today and building that group camaraderie was really important.

What advice do you have for this year's contestants?
Enjoy the moment and be yourself. You have an amazing opportunity; so don't ruin it by stressing too much. I was really happy just to be involved and thinking about it today still gives me chills.

What have you done since becoming champion?
The competition is about more than money; it's about making your dream a reality. Since winning, my project has raised the profile of BMX in my country and boosted my entire local community.

What has the Invictus Award done for you?
In addition to the extra exposure it's elevated me as a person, not just as a sportsman. It taught me the benefit of being humble and honest. It is a unique experience I'll never forget.

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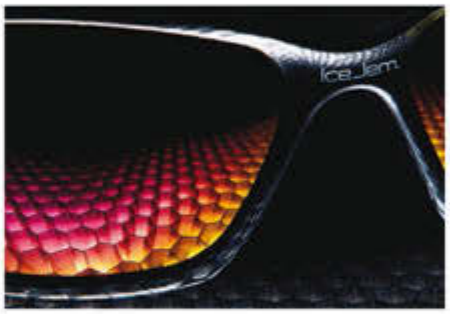
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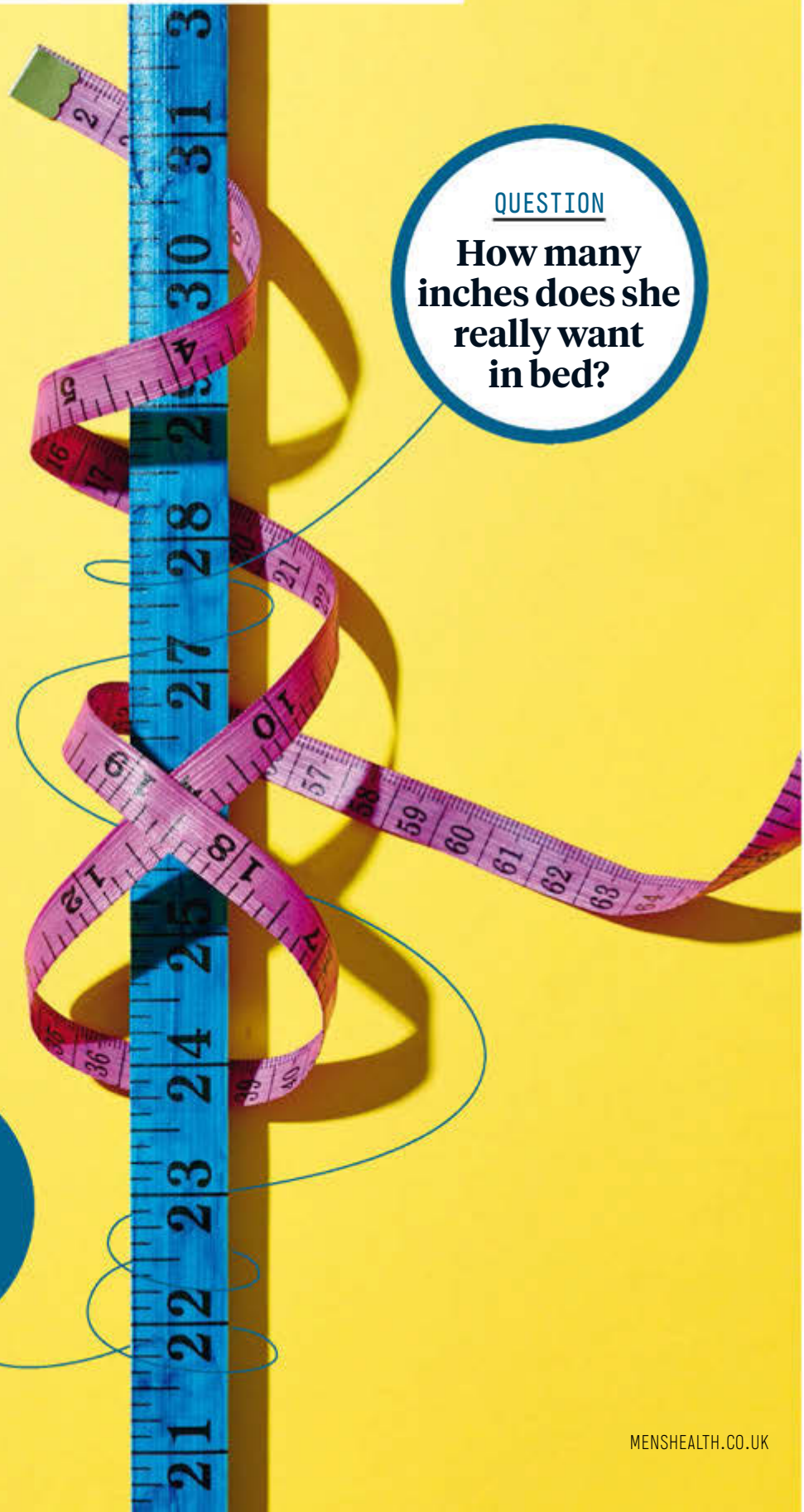


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ONE WORD ANSWER #14

TAKE APPROPRIATE MEASURES AND SEE INTIMACY GROW



QUESTION

How many inches does she really want in bed?

Crunch time for all too many a relationship occurs in the bedroom. But it's not your pyrotechnical approach to nocturnal sport that counts so much as what happens when the games are over. Tempting as it may be to turn over and light a metaphorical Hamlet, research from the University of Hertfordshire has shown that proximity to your partner when asleep has a significant effect on the success of your alliance. Professor Richard Wiseman, the psychologist leading the study, found that 86% of couples who slept just an inch apart were happy with their lot, while 66% of those who rolled their own way reported trouble at mill. Now that's not to say that the future of your relationship depends on a lifetime of spooning. Instead, you might just want to try putting old habits to bed and go cheek to cheek.

ANSWER

One

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Fit Food For A King



p33 **Celebrating The Death Of Man Food**

p70 **A Gourmand's Guide To Healthy Living**

p54 **How To Make Grape Returns From Wine**

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Fit Food For A King





THE UK'S HEALTHIEST RESTAURANTS P77
Come hungry, eat well, leave fitter

13

The Devil's Superfood

Keep your relationship with food fiery by picking up some chilli-prepping tips. Selfridges' Year of Mexico experience is placing the inflammatory fruit in the hot seat this season



17

Salad For All Sessions

These light recipes will help you spring back from a heavy workout. Consider your shop-bought Caesar conquered



21

Gizzi Erskine

Men's Health bagged a lunch date with the culinary arts' riot grrrl. Gizzi explains why this foodie goddess refuses to be domesticated



24

Playing With Fire

Stand the heat, in the kitchen and out of it, with essential barbecue techniques from the brains behind Pitt Cue Co











27

Gourmet Fatburners

Fat loss and fine dining can be a palatable pairing. These 15 ingredients make losing weight while appeasing your inner gourmand effortless

30

Tools Of The Trade

Whether you're cooking to impress or simply looking to cut back on prep time, equip yourself for triumph. Career chefs and hobby cooks share the crucial bits of kit your kitchen shouldn't be without

33

Peak Man Food

Demolishing a triple-stacked burger is the ultimate show of masculinity... right? Marina O'Loughlin has had her fill

34

Beak To Tail Eating

Make your next roast dinner stretch further – without falling back on dry chicken sandwiches. *MH* transforms your fowl into a week's worth of protein-packed fare

Contents

36
Health's Kitchen
Running restaurants leaves scant time for, well, running. Five chefs share how they work in workouts around hectic schedules to cancel out their overindulgences



42
The End Of Eating
The latest meal replacement shakes claim to be healthier, faster and cheaper than any foodstuff. *MH* trials the trend



48
Fine Dining Al Desko
If you're working later shifts than a three-star apprentice, there's no need to sacrifice quality cuisine. Whip up top-tier fare in the office kitchen



54
Grape Returns
Beat the low-interest blues and turn red into a pocket liner with our beginner's guide to investing in wine





60
The Nikkei Index
Enjoy a taste of Japan – via Peru – without leaving your kitchen. Our fragrant fusion recipes threaten to put your local Itsu out of business



67
Blades Of Glory
We're loath to be blunt, but your utensils are not up to scratch. Which is why *Men's Health* asked six leading chefs to share the knives they rely on to keep their performance at the cutting-edge



70
Mark Sargeant
The Michelin-Starred chef talks supermarket strategies, the real Ramsay and his tips for cracking scrambled eggs



72
50 Wines Under £50
Dazzling your oenophile friends doesn't have to mean corking your credit card. *MH* has unearthed a cellar full of vintage tastes at bargain prices

Men'sHealth Epicure

EDITOR-IN-CHIEF TOBY WISEMAN / **EDITOR** MINA HOLLAND
CREATIVE DIRECTOR DECLAN FAHY / **PHOTO DIRECTOR** RACHAEL CLARK
SENIOR EDITOR DAVID MORTON / **ART DIRECTOR** JAMIE SAGE
PRODUCTION EDITOR JOHN-PAUL NICHOLAS / **CHIEF SUBEDITOR** SCARLETT WRENCH
PICTURE EDITOR CINDY PARTHONNAUD / **DESIGNER** JESSICA WEBB
GROUP PUBLISHING DIRECTOR ALUN WILLIAMS / **ADVERTISING DIRECTOR** SAM O'SHAUGHNESSY
SENIOR ACCOUNT MANAGER MORGAN HARRISON-DOYLE / **PRODUCTION MANAGER** ROGER BILSLAND



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Pleasure Without Pain

Five years ago I worked a week-long stint as a commis chef in a Michelin-starred kitchen. Ostensibly it was for the purposes of a spurious article; in reality I was living out a fantasy. I'm not sure when it started but for much of my adult life I've been in thrall to the stove. It might have begun with a dog-eared copy of Orwell's *Down and Out in Paris and London*; more likely it was Anthony Bourdain's rambunctious *Kitchen Confidential*. Doesn't matter. Either way, on my commute, in the twilight, throughout my dreams, the kitchen is where I've yearned to be.

Turns out it was harder than I could have imagined. At 7am I was boning out pigs' trotters. Eighteen hours later I was wiping down surfaces and prepping the next day's service. I've run marathons, played extra time, endured monstrous legs days – none of it compares to the exhaustion of seven days spent in the heat of the scullery. When, weeks later, I dined in the sumptuous room on the other side of the pass, the contrast floored me. Sat at an oak table, and condescended to by an obeisant waiter, it's difficult to conceive of the sweat and tears beyond the velvet curtain. Perhaps I should have relished the food even more; instead I found it hard to swallow.

It's an overwrought analogy, admittedly, but too often the health-conscious man ruins his relationship with food on account of misjudged guilt; a feeling that the work he puts in at the gym is somehow undeserving of food that rewards the palate more than the torso. This magazine is an attempt to correct that misapprehension. It recognises that food is more than fuel; that nourishment is as important as nutrition. It has been created specifically for men who find it hard to reconcile the duty they feel to their bodies and the pleasure they reap from dining well.

So why *Epicure*? Well, dictionaries will tell you the word describes men of refined taste, dedicated to the pursuit of pleasure. But that's only half the story. Epicureans may see pleasure as the ultimate goal, but it is achieved only by the removal of pain. We hope that by reading this you'll be further along the right track.

Toby Wiseman, Editor in Chief

Epicure's Back Room Team

01 TIM SIADATAN
Chef director of Trullo restaurant

02 JASMINE AND MELISSA HEMSLEY
Healthy eating gurus and authors of *The Art of Eating Well*

03 MARK SARGEANT
Former head chef at Claridge's and owner of Rocksalt in Folkstone

04 MARINA O'LOUGHLIN
Restaurant critic at *The Guardian*

05 LOGAN PLANT
Master brewer and founder of Beavertown

06 MILES KIRBY
Chef director of Caravan restaurant

07 MICHEL ROUX JR
TV personality and chef patron of Le Gavroche

08 GIZZI ERSKINE
Food writer, broadcaster and our culinary crush

09 FERGUS HENDERSON
Chef patron of St John and award-winning author

10 PETER GORDON
Chef patron of The Providores

11 RICHARD TURNER
Executive chef of Hawksmoor and owner of butcher Turner and George



Illustration by Adam Nickel

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Natural Wine 14 / Elite Barbecue 24 / Gourmet Health 27 / Man Food 33



SOME LIKE IT HAUTE
The standard habanero chilli contains 357% more vitamin C than a tangerine and acts as a natural painkiller

The Devil's Superfood

In praise of the natural world's most fêted – and infernal – ingredient

Throughout history the chilli has been revered for its power, both diabolic and remedial. Since the Middle Ages it has been used as an agent of good to ward off vampires, witchcraft and disease. In Latin America the chilli is considered to be a cure for 'evil eye' (translation: bad stuff you really don't want going on), such is its fiery potency. Of course, *MH* readers are no strangers to capsaicin's metabolism-firing, health-enhancing properties, while cooks from Jamie Oliver to Thomasina Miers are self-confessed pepper junkies. All of which means the new Chilli Wall exhibit in Selfridges' Foodhall, in celebration of The Year Of Mexico in the UK, is a must-visit for anyone of a hot-headed temperament. With Latin chefs on hand to demonstrate the fruit's myriad uses and benefits, it's an incendiary way to spice up spring.
9 March to 17 May selfridges.com

Photography by Jobe Lawrenson

A Snob's Guide To Natural Wine

Purer production, bolder taste and flavours that elevate your plate make natural wine the tipple of those in the know. Uncork the benefits

01 STOCK TAKE

A lot more goes into your average bottle of plonk than a few fermented grapes. Herbicides, pesticides and peroxides, say. Or egg whites, sulphites and even cow or pig pancreas. Natural wines – a blanket term given to those produced with minimal human interference – are largely made without them.

Just how *much* better for you they are is still in debate, but purer ingredients means more healthful tannins and fewer of the chemicals that can amplify your hangover. Better still, the prominence of the character of the soil in biodynamic and organic wines makes them especially flavoursome, if a little maverick. "They're alive; they are personalities that grow. More conventional wines are stunted from the moment sulphur is added," says Heidi Nam Knudsen, wine buyer for Ottolenghi and Nopi. Put down the Fauxvignon Blanc – this is how to drink au natural.

CATTUNAR TERAN BARRIQUE 2007
Made using organic principles and aged in American oak barrels, the Istrians in north Croatia call it "black wine" for its inky colour and liquorice aroma. The depth and length calls for T-bone steak. *£24.50 pacta connect.co.uk*

SOPHIA 2013 CANTINA GIARDINO
Up in Italy's Campania hills, fiano grapes are hand-picked and foot-trodden, then fermented in clay amphorae to steep in the grape skins. A bright, savoury white for fish and pasta. *£26 noblefine liquor.co.uk*

LE CLOCHER POUR UNE POIGNEE DE BOUTEILLES
This rock'n'roll wine by punk musician Brendan Tracey is from the Loire Valley. Full of light red fruit such as cherries with gentle fizz, it's a thirst-quenching red best enjoyed chilled at summer barbecues. *£16 ottolenghi.co.uk*





02 OPENING TIME

You should make the most of the idiosyncrasies of natural wine – fizz, murky colour and odd, almost funky flavours are all encouraging signs. Synthetic corks are out, so invest in a quality opener that has a long, hollow screw like L'Atelier du Vin's Oeno (£83 amara.com). Once open, empty into a decanter to aerate. Finally, pour yourself a glass. Make it a stemless one (O decanter and glasses £50 riedel.co.uk), mainly so you look like a somm when 'educating' your guests.

L'ATELIER DU VIN OENO CORKSCREW AMARA.COM | WOODEN BOARD JOHN LEWIS
O CABERNET + SYRAH GLASSES AND DECANTER RIEDEL.CO.UK

Photography by Louisa Parry



03

TABLE SERVICE

One of the reasons that establishments such as Ottolenghi and Nopi have converted their wine list exclusively to natural wines is their ability to complement strong, challenging flavours. Line your stomach with the perfect food for double the taste and (roughly) half as awful a day tomorrow.

A wide-based decanter opens up the flavour and optimises the antioxidants hidden within the wine. Leave it to settle for 15 minutes – long enough for improved taste but not so long the healthy compounds start to degrade.

BLUE CHEESE
You could go Gallic. But if you've committed to the natural ethos, a cheese hailing from closer to home will cut down on food miles. Shropshire Blue sits perfectly with deeper reds and its anti-inflammatory effects will magnify the heart-healthy benefits of the wine.

CURED MEAT
The gamier end of charcuterie suits most wines but will accentuate the peppery notes of the Pour une Poignee de Bouteilles in particular. Wild boar, venison and even rabbit work very well and are leaner than beef or pork equivalents.

ROASTED FRUIT
Fruit is normally paired with dessert wines but roasting figs or peaches adds a slight smokiness that suits whites or lighter reds, which look almost orange. Aubergine also goes, if the fruit is too sweet.

Clear your head

Wonder why your head hurts after a cheap bottle? Blame the additives and you'll feel much better

SULPHITES
Used to kill off unwanted bacteria and yeasts in the wine, the EU passed a labelling law in 2005 to protect those sensitive to sulphur.

ACETALDEHYDE
Stabilises the colour. A small amount occurs naturally but artificially higher levels have been linked to headaches.

SUGAR
Chaptalisation is the process of adding sugar to up the alcoholic percentage. It won't add calories, but may feed your fear in the morning.

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A Salad For All Sessions

Make a good meal of eating light and toss in some heavyweight benefits to boot, courtesy of Miles Kirby, co-founder of Caravan

01

Muscle food for gastronomes

This spiky, colourful dish tends to well-worked quads and tastebuds alike

INGREDIENTS

- Sweet potato, large
- Olive oil
- **Aleppo chilli, 1tbsp**
- Black rice, 110g, pre-cooked
- Baby spinach leaves
- Cashews, toasted
- Lemon juice
- Eggs, 2, soft-boiled

1\ Start by peeling your sweet potato, which will replenish your energy after sweaty effort and usher nutrients into your muscles. Chop it into large chunks and drop them in a bowl.

2\ Pour oil over the potato, add salt, pepper and the chilli flakes. Give the bowl a toss to coat the wedges, then place them on a roasting tray and cook at 180°C for 30-45 minutes.

3\ Put the black rice, potato, spinach and cashews in a bowl and combine. Squeeze on lemon juice and olive oil.

4\ Gently toss, chop the eggs in half and place on top. Sprinkle on a few more cashews and devour hungrily.



02

Post-gym energy for bons vivants

Chew through impending muscle aches with this fluff-free lamb lunch

INGREDIENTS

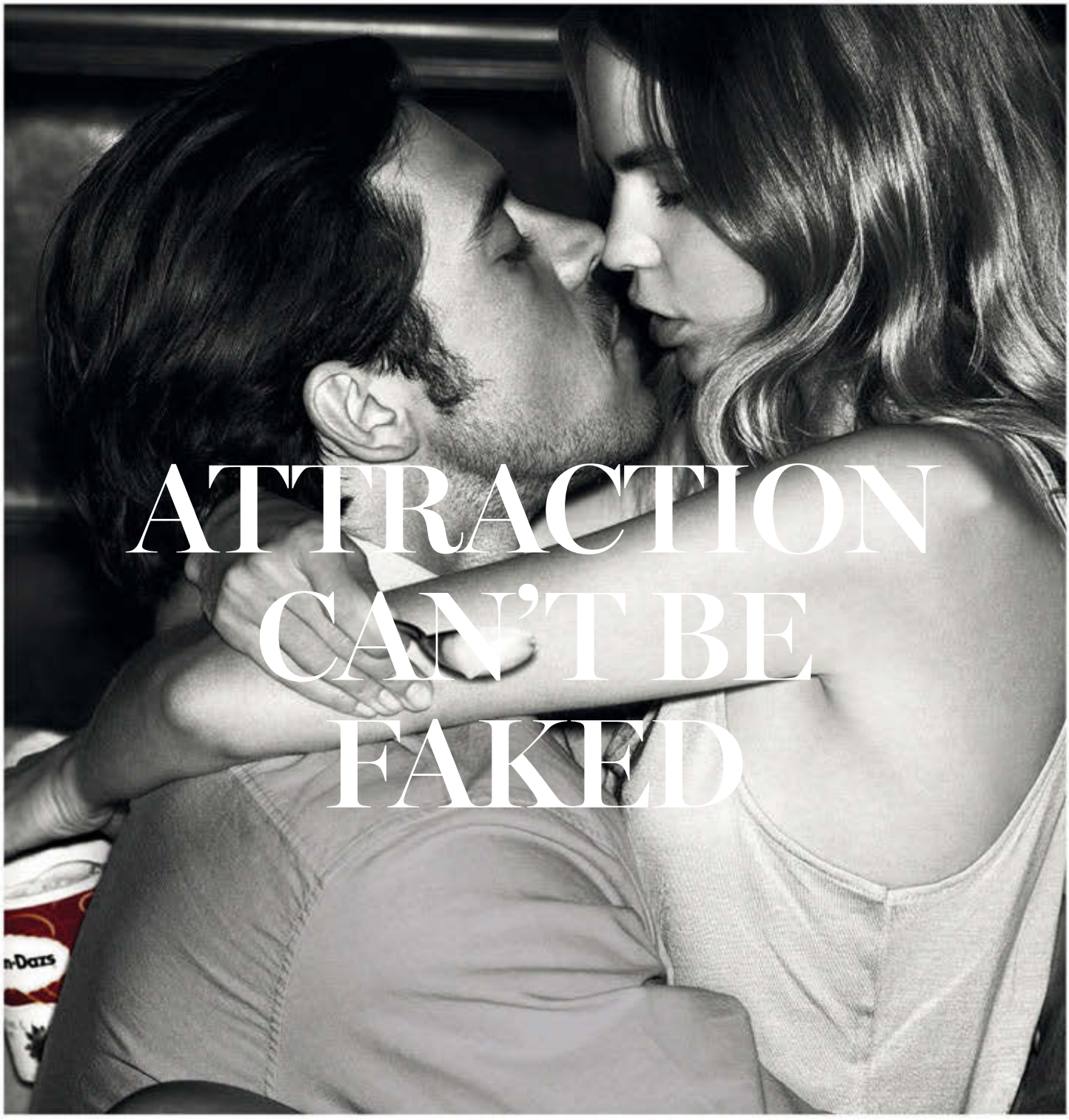
- Lamb chumps, 2
- Pitta, 2 pieces
- Cooked spelt, 230g
- Cucumber, ¼, diced
- Mint leaves
- Tomatoes, 3, chopped
- Lemon, chopped
- Sumac, 2tbsp
- Greek yoghurt

1\ Begin your lip-smacking massage by slicing your lamb chumps (a chop from the rump) into pieces. Season, place on a tray and grill. That's your protein needs taken care of right there.

2\ Toast the pittas, tear them and place in a bowl. Add the spelt, cucumber, mint leaves, tomato, lemon and sumac and mix well. Sumac's antioxidants mop up lactic acid to ease muscular aches.

3\ Finally, gently stir in the yoghurt and add a good glug of olive oil. Season again with salt, pepper and a bit of lemon juice and serve with the hot grilled lamb. You'll be feeling far less of a chump by the time you've finished.





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03
Weightloss fare for food lovers

Send your lunch up the Scoville scale to burn away your belly fat

INGREDIENTS
- Green chilli, ½
- Moscatel vinegar, 3tbsp
- Olive oil, 5tbsp
- Cod fillet, 80g, skinned and boned
- Broad beans, 4tbsp, blanched and shelled
- Pre-cooked black rice, 4tbsp
- Toasted pine nuts
- Basil, torn

1\ The idea of opting for salad to cut the odd calorie is not a new one. But this combination of protein, fibre and spice will increase your fat-burning potential by the time you get to the bottom of the bowl. Kick off by crushing the chilli with a pestle and mortar, then add vinegar, olive oil and salt and pepper.
2\ Leave this marinade to stand while you practise your knife skills. Slice the fish as thinly as possible (going against the grain) and place in a bowl. Arrange the slivers in a single layer on a plate, pour over the liquid mix and marinate for five minutes.
3\ Scatter the cooked rice, broad beans and the pine nuts on top of the fish and top with some torn basil, a sprinkle of salt and another glug of olive oil. It goes without saying that this is a cut above the low-cal slop to be had from the chiller.



PHOTOGRAPHY: GARETH SAMBIDGE AT PROCESS PHOTOGRAPHY | FOOD STYLIST: PETA O'BRIEN

04
Endurance fuel for fine diners

Triple up on beets to leave your cardio rivals red of face

INGREDIENTS
- Red beetroot, 3
- Golden beetroot, 3
- White wine vinegar
- Caster sugar, 75g
- Manuka honey, 1tbsp
- Sherry vinegar, 50ml
- Avocado oil, 75ml
- Feta cheese, 80g
- An avocado, quartered
- Candy beetroot, 1

1\ Beetroot three ways might seem excessive, but St Louis University found eating them before exercise improves your speed while running or cycling. Peel the red ones, chop into wedges, dress with oil, salt and pepper and roast on a low heat until soft. Then peel the golden beets and boil in water before chopping them up, too.
2\ In another pot, combine 75ml white wine vinegar with 75ml water and the sugar. Bring this mixture to the boil and pour it over the golden beets, letting them steep until you're ready to serve up. Two hours is best.
3\ Now combine the manuka honey, vinegar and avocado oil. Mix it all well and season with salt and pepper.
4\ Arrange the golden and red beets on a plate and pour on the dressing. Crumble the feta over it, then crown with the avocado. Finally, shave the candy beets with a mandoline and arrange on top for a strong finish.



CHEF PROFILE
Miles Kirby isthe co-founder and executive chef at Caravan restaurant and bar. He previously lived in Wellington before moving to the Netherlands and then London in 2001, where he was head chef at the Providores and Tapa Room.

Photography by Gareth Sambidge



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A Lunch Date With... Gizzi Erskine



HAIR: KIM ROY AT ONE REPRESENTS | WITH THANKS TO HAWKSMOOR THEHAWKSMOOR.COM

Healthy eater, hellraiser, selfie lover, hot stuff: she's the most exciting woman in food right now. This is what happened when the tigress came to tea

Gizzi is running late. She's having trouble with a "thunderc**t" of a cab driver and has been forced to switch cars. I know this because she tells me via Instagram – and by proxy, her 72,000 followers, all unwittingly along for the ride. Colleagues back at the office text droll messages. Much as I enjoy the frisson of sharing my date with a crowd, the wallflower in me can't help but wonder how things have changed.

But she's a curiously delectable mix of old and new, is Gizzi. Her choice of venue for our lunch is Farringdon's The Quality Chop House, a restaurant established in the mid-1800s, revamped since, yet still serving mince on dripping toast as a menu staple. The food with which she is most commonly associated, however, is new age Korean – all chilli-fried chicken wings, ponzu sashimi, slow-roasts with kimchi. And it doesn't get much more *au courant* than that. Her personal style is resolutely Sixties – two parts Anna Karina, one part Jean Shrimpton, a small pinch of Ronnie Spector – but only just last night she was leathered up at the NME awards, presenting Jake Bugg with the Best Solo Artist 2015 gong. In short, she's not easy to categorise, and that is precisely her appeal.

"I've never heard 'thunderc**t' before," I say, not a little meekly, when she finally bounds in like a coquettish Tigger, dishing out hugs, kisses and energetic familiarities. "It's good, isn't it?" she says with relish. "It's dirty. It's got power. And the driver deserved it." Power is what Gizzi has in abundance. (She's not above being a little dirty, either.) The woman is a force of nature – tall, kinetic and disarmingly familiar. "We don't have to do starters and main courses, do we?" she asks the waitress, albeit rhetorically. "We can just share the lot. I'm a pig, I know. I've got the appetite of a 10ft bodybuilder. And I eat everything. Do you eat everything?" I mutter something about not really liking cheese. "Really?" she asks, grabbing my arm. "All the best boys in my life have a cheese issue." I smile. This is the first time we've met.



CHEF PROFILE
Gizzi Erskine is a chef and food writer with a former sideline in body piercing. She's also a whole lotta fun to go on a date with

The Plate-Spinning Foodie

Who is Gizzi Erskine? It's a question she admits to struggling with herself, at least from a professional standpoint. Her

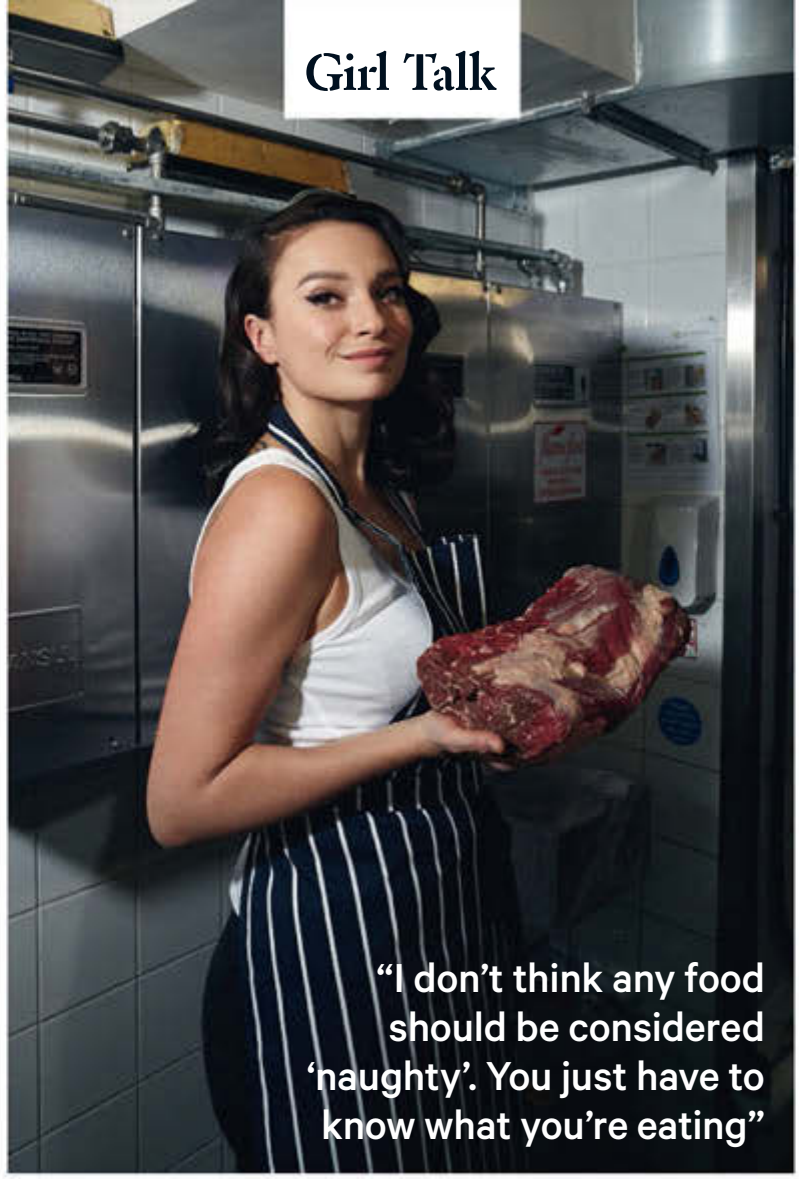
Words by Toby Wiseman
Portraits by Desmond Muckian

career has been nothing if not ecumenical. Having spent her late teens and early twenties as a body piercer in Camden, she went on to train as a chef at Leiths School of Food and Wine where she topped her year group. From there she won an internship at BBC *Good Food* and subsequently spent a couple of years cooking in professional kitchens like St John and E&O. She then trailblazed the east London pop-up restaurant trend by doing one-off foodie nights in art galleries with a friend for extra cash, before landing a presenting slot on Channel 4's *Cook Yourself Thin* series. Various bestselling cookbooks followed and she now writes a weekly column for *The Sunday Times*. She claims to love her job. But how would she define her role exactly?

"First off, I'm a food writer. That's the day job. But I trained as a chef and I'm not about to let that go, which is why I will still keep my oar in with pop-ups and events," she says. "Just saying that, though, is probably offensive to chefs who do it day in day out. But then *I* get offended when people refer to me as a domestic cook because there's a lot more to me than that. I guess it's fair enough. I'm not easy to pigeonhole."

Gizzi pauses for a moment to order for us: smoked salmon mousse and foie gras parfait as "nibbles", followed by a pork and pistachio terrine to start. She demurs when I suggest the leeks with smoked scallop roe and ash ("scallop roe is just everywhere at the moment") but then orders it anyway. For mains she opts for the Galloway mince with dripping toast and a huge tranche of cod. Knowing my place, I order the wine.

"People want to mood-board me," she continues, warming to the theme. "Take the Hemsley sisters. [We did – see p41.] They are the health food girls, using spiralizers to make courgette pasta and cauliflower rice, stuff like that. And I really rate them. But while my books are often about healthy, balanced food, too, my *Times* column is more about ultimate classics, and professionally I do North Asian cooking via New York and London. I'm really sporadic with the things I devote my time to. God, I'm glad it's Friday. It means I get to drink at lunch..."



"I don't think any food should be considered 'naughty'. You just have to know what you're eating"

Food Matters

Gizzi is being good this year. The good-time girl – the music, the nights out, the tattoos – are all integral parts of her character, but 2014, she admits, was, "a bit of a lost one. I was so bad. But my New Year's resolution was to sort myself out, so I'm back on the straight and narrow and eating healthily." Many of the people she was hanging out with at last night's NME awards didn't turn in until 8am, "but I was in bed by midnight, drinking my cocoa."

The *Men's Health* way, I explain, is all about tempering the good and the bad. Where does she draw the line?

"I'm a girl who wants to be able to eat indulgent food," she says. "And to do that you need to be conscious of exactly what you're eating. Not careful – I hate the idea of something being naughty. I don't think any food should be considered naughty. You just have to be aware. And that's not about vanity. I like the feeling of being healthy. If I ate like this all the time I'd feel awful.

"That said, I think the message behind the clean eating thing is skewed," she continues. "I mean, what's clean? There are people out there spiralizing courgettes, then tossing it with some pesto and calling it dinner. That's not dinner. I wouldn't be satisfied with that. Put a piece of salmon with it and maybe we're talking, but it's not a heartfelt meal. There's a lot of love being taken out of food at the moment and that's a real shame."

It's a salutary message to hear, especially as we munch our way through shards of dehydrated and deep-fried pork fat heaped with parfait. Our meal at The Quality Chop House is resolutely hearty fare, nuanced yet robust, and a world away from the kale salads and protein mancakes of countless #eatclean memes. But there is nothing on our plates that is adulterated; nothing bearing a name your grandparents wouldn't recognise, nothing that is not *real*. And it is delicious.



"Ultimately, the foremost passion in my life is food," concludes Gizzi. "I'm greedy. But that means that everything I eat has to count. I have to be satisfied at every meal. You just have to be clever about it."

And with that we pay and move our date on elsewhere for another bottle of red and conversation that is, alas, wholly unprintable. It is Friday, after all.


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Playing With Fire

As executive chef at steakhouse Hawksmoor and director of barbecue joint Pitt Cue Co, Richard Turner is an authority on the alchemical reaction between meat and flame. This is his urban griller's tool kit



01 \
Ashes To Ashes
As with your meat, the value of quality charcoal and wood can't be overstated. You'll never cook great barbecue with DIY store briquettes. I recommend Mark Parr at The London Log Company: a proper wood geek. Try fruit wood for poultry, oak for beef. *thelondonlogcompany.co.uk*

Photography by Jobe Lawrenson

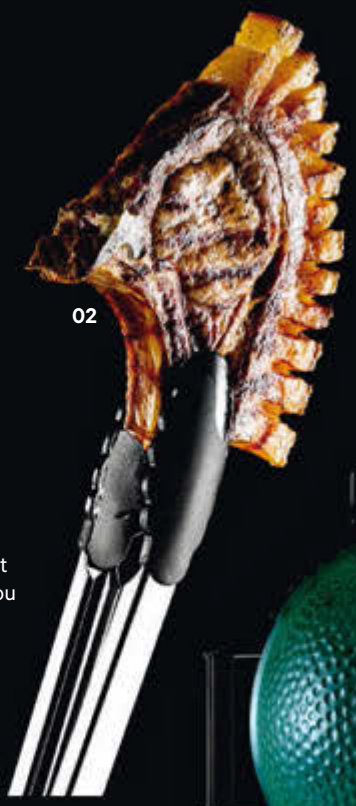
02\
Tong Attraction
I'm not an avid collector of tools; those ridiculous belts carry everything but the kitchen sink. All you need is a good set of tongs. I use stainless steel Circulon Elite Food Tongs as they're reliable and good for grip.
£11 sizzle.co.uk

03\
Ring Of Fire
Based on traditional wood-fired ovens from Japan, Big Green Eggs aren't cheap but the quality is unbeatable. You can grill steaks, slow-cook roasts, or smoke joints for authentic US barbecue.
£850 biggreenegg.co.uk

04\
A Higher Degree
A good meat thermometer is essential – I know a couple of 'cue guys who can work without, but they're rare. I always check my instincts with a Napoleon Pro Digital to ensure bigger joints are cooked absolutely perfectly.
£27 napoleongrills.co.uk

05\
Panned Heat
Barbecue frying pans are enamel-coated with holes, giving you the flavour of the fire while retaining cooking control. Use for small morsels that might slip through the grill, or to cook sweetbreads; delicious over cherrywood.
£32.80 lakeland.co.uk

















06\
Acid Test
Cider vinegar is used extensively in North and South Carolina barbecue, especially pulled pork. Most are a little harsh but Bragg Organic's is almost drinkable. Spray it as you're cooking or use as a condiment.
£4.49 bragg.com

07\
Spice Of Life
Christ on a Bike is made from Scotch bonnets by Rib Man Mark Gevaux, a street food legend. It has a complex flavour and is very, very hot. Slap Ya Mama is a Cajun seasoning I use as a dry rub.
£10 theribman.co.uk; £2.40 slapyamama.com

08\
Start Me Up
Firelighters and fluids will adulterate the taste of your food. Most grill aficionados use a charcoal starter, like this from Landmann. It sucks air in to get the charcoal burning before you tip the embers on to your barbecue.
£13 planetbarbecue.co.uk

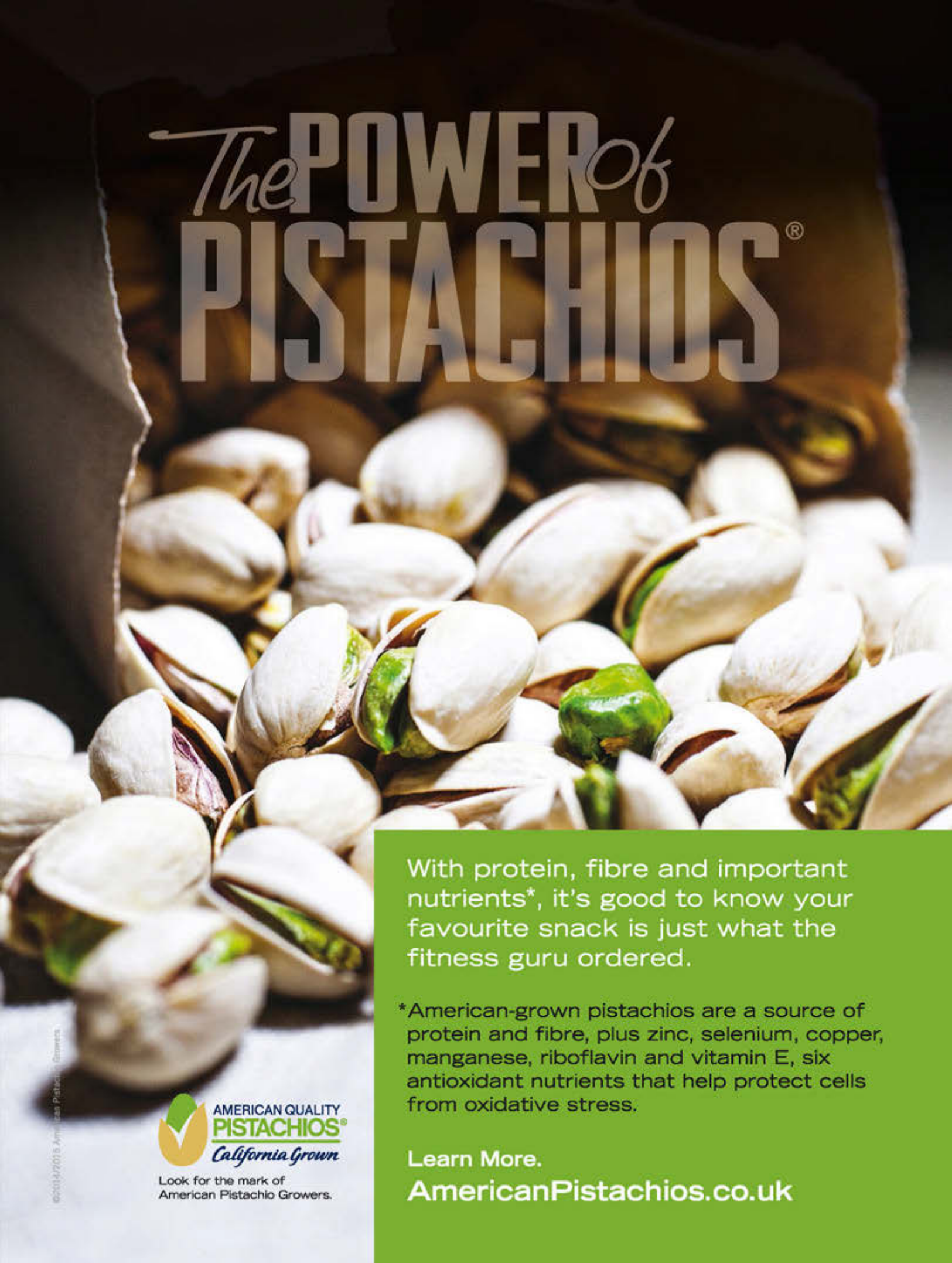
09\
Fresh Meat
Don't overlook the quality of the raw material. Eschew sauces and marinades in favour of the pure flavours of good meat and a judicious smoke. My company, Turner & George, delivers nationally.
turnerandgeorge.co.uk

You'll Be Wanting A Beer With That...
Logan Plant is the founder of Beavertown Brewery. He picks the ales to pair with your 'cue

HOPPINESS IPA (6.5%), MOOR BEER COMPANY
Getting the balance of a good IPA is a fine art. Hoppiness equals happiness. Pair with barbecued pork ribs.

SAISON ANNIVERSAIRE (6.2%), BURNING SKY
Subtle, complex and aged in French chardonnay barrels. Drink with pulled pork.

OZ BOMB PALE ALE (4.7%), ARBOR BREWING COMPANY
A light, juicy pale ale packed with loads of great southern hem hops. Sip with grilled fish.



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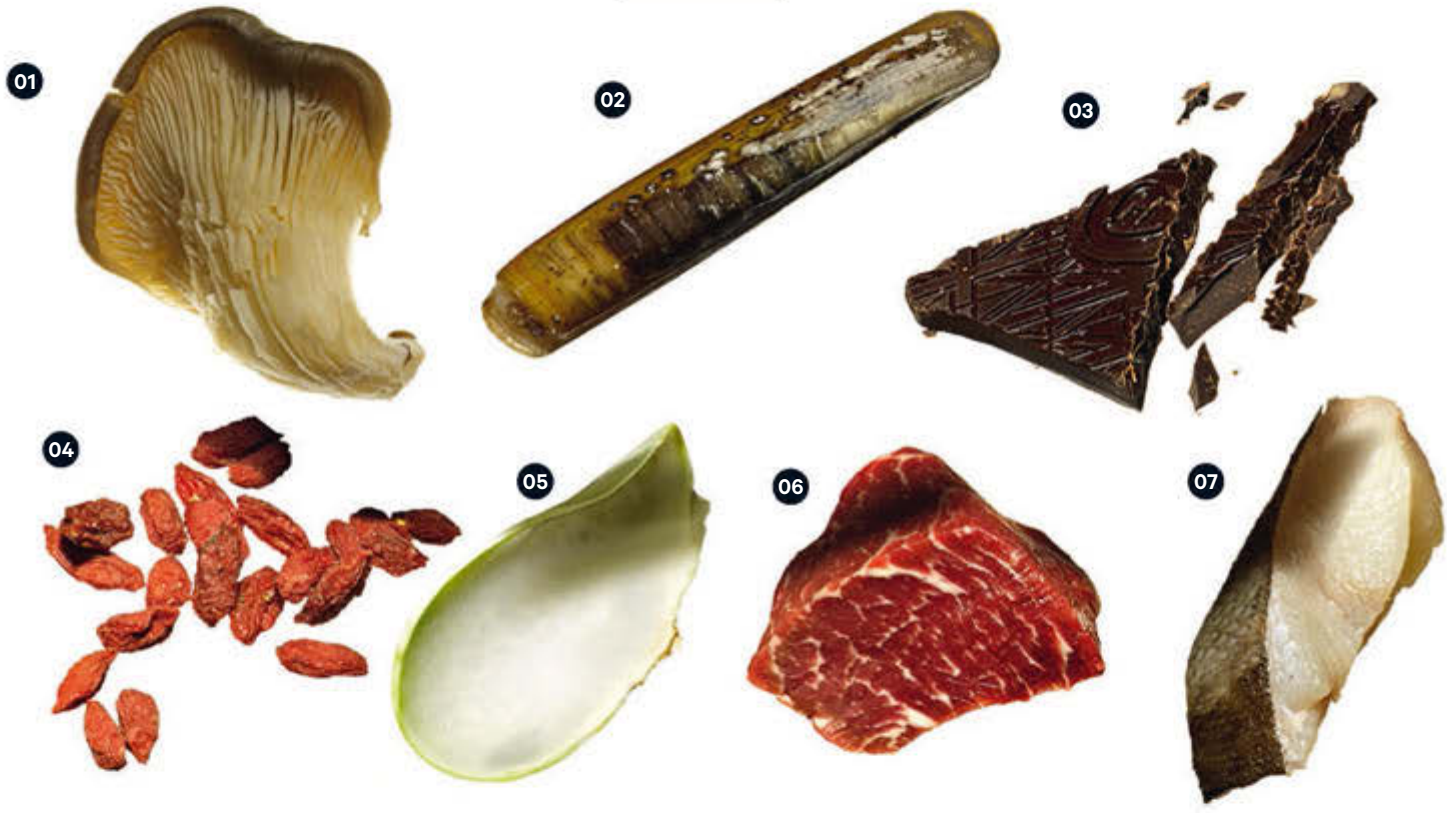
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15 Gourmet Fat Burners

You already know that chilli spikes metabolism and you've certainly had your fill of green tea. But where's the fun? We went in search of health foods with a more sybaritic allure



01\ Matsutake

At £1200 per kilo, this is not exactly Weight Watchers fare. The rare Japanese white truffle is very high in B vitamins, essential for fat metabolism. Not swayed? "Maitake mushrooms are a lot more affordable (£13.40 for 50g amazon.co.uk) and have similar perks," says nutritionist Miguel Toribio-Mateas.

02\ Razor clams

These gourmet bivalves (£7.50 for 250g thefish society.co.uk) are very rich in iron which your body utilises to burn energy. "Depleted iron levels lead to lower metabolic rate, and reduced energy and aerobic capacity," says Toribio-Mateas. They're a must if you want to avoid clamming up when endurance counts.

03\ Chocolate

Dairy Milk won't cut it at the dinner table or on the scales. But any bar that contains 85% cocoa or over will give your chilli a subtle richness or desserts a refined edge. It'll also help shift some flab too. It's all about the flavanols in cacao, which promote metabolism and fatburning. Try 85% Ghana from hotelchocolat.com.

04\ Goji berries

Found on seven-course tasting menus and Gwyneth Paltrow blogs alike, these superfruits (£3 for 100g souschef.co.uk) are packed with vitamin B1, to balance your thyroid function and prevent weight gain. Handily, the berries are also a hangover cure, speeding the rate at which your liver disposes of toxins.

05\ Kohlrabi

Often used in Korean kimchi, the so-called 'hipster cabbage' has a high fibre count, helping reduce the number of calories absorbed via fat. Rich potassium levels also make kohlrabi (£1.99 natoora.co.uk) an effective diuretic, "so less water retention and less flab stored around muscles," says Toribio-Mateas.

06\ Kobe beef

This marbled cut of Wagyu will cost you £55 for 50g (alternativemeats.co.uk), but you're not just buying indulgence. "It contains the highest amount of conjugated linoleic acid per gram of any food," says Toribio-Mateas. CLA is associated with lower body fat levels, particularly in those who exercise regularly.

07\ Halibut

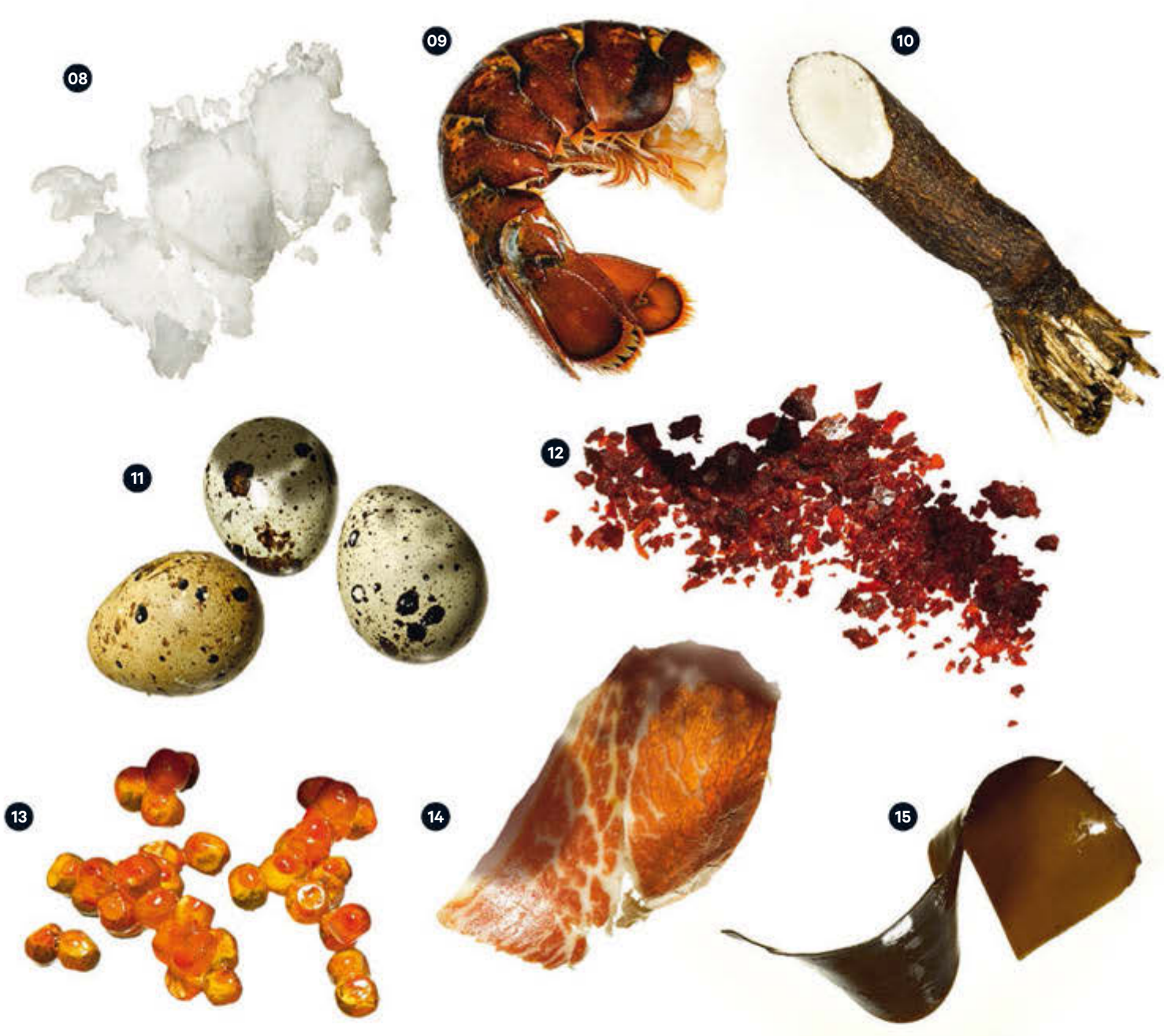
A princely fish with a firm and meaty texture, halibut (£11.68 for two portions thecornishfish monger.co.uk) is also a handy agent if you're looking to shed pounds. It helps reduce tryglycerides – fat stored in your blood – reducing your waistline and cholesterol. There's more to fish than tuna, gentlemen.



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Surprising Superfoods



08\ Coconut oil

It might contain up to 90% fat, but it's the good kind (MCTs, FYI). Coconut oil (£5 for 200g souschef.co.uk) is nature's weight loss abettor. "Its medium-chain triglycerides are digested straight away, releasing energy, not being stored as fat," says nutritionist Sarah Flower. Got that? Eat fat, burn fat.

09\ Lobster

Cholesterol botherers be damned, lobster should be firmly on the menu for any gastronomic weight watcher. A 100g serving of the king crustacean (£4.40 marksand spencer.com) provides you with 120mg of choline, "used in the liver to emulsify fat as part of the metabolic process," says Toribio-Mateas.

10\ Salsify

Too long dismissed as the parsnip's ugly cousin, this versatile root is a farmer's market favourite for fit gourmands in the know. Unlike some carb-heavy roots, "it's rich in inulin, a soluble fibre essential for fat metabolism," says Toribio-Mateas. Salsify (£1.90 for 400g abeland cole.co.uk) is also very low GI.

11\ Quail Eggs

What's the point of a food whose USP is its diminutive size? Well, for a start, quail eggs (£3.75 for 18 finefoodspecialist.co.uk) are a superior source of vit D needed for a good metabolism. But it's the higher ratio of fatty yolk to white which makes them your fatburning ally. More than just a fancy canapé, then.

12\ Aleppo chilli

Cayenne is over and we're done with harissa. Marinate your meat in Turkish Aleppo (£3 for 100g souschef.co.uk) to taste the full benefit. The active ingredient in chilli is its metabolism-boosting capsaicin, and its deep, savoury umami flavour makes you feel more satiated and therefore less likely to overeat.

13\ Salmon caviar

Caviar's high vitamin D content means that it's kryptonite to fat stores. Laval University research found people who consumed more dietary vit D had less belly fat than those who ate less. Serve Elsinore Salmon Caviar (£4.99 waitrose.com) on blinis to spoil your guests – give the Ferrero Rocher a miss.

14\ Jamón ibérico

Plastic ham won't do much for you, but the dry-cured Iberian variety (£7.99 for 65g waitrose.com) is different. Raised outdoors on acorns rather than swill, the pigs' meat is replete with CLAs which "promote fat consumption in the muscles where the majority of our calorie-burning takes place," says Toribio-Mateas.

15\ Kombu

Like so many other sea vegetables, this salty Japanese seaweed (£2.90 for 113g souschef.co.uk) is packed with iodine, which helps promote thyroid function. A working thyroid turns the heat up in the body and so burns fat. Highly versatile, it lends a healthy edge to lots of dishes. Our favourite? Miso soup.

PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLIST: JACK SARGESON | RETOUCHING COLIN BEAGLEY

Tools Of The Trade

From humble balloon whisks to futuristic multi-processors, we asked 18 professional chefs and hobby cooks to share the one piece of kitchen gear they couldn't live without



Photography by Andy Parsons

01\
Coffee machine
John Quilter
"If you're a stickler for proper coffee, having restaurant-quality espresso in your own home will never, ever get old."
£199 nespresso.com

02\
Pestle and mortar
Mina Holland
"It's all about the heft. The weight of the granite means grinding herbs and spices is both easy and satisfying."
£15 lakeland.co.uk

03\
Waffle maker
Tom Aikens
"My three-year-old loves the kitchen and making waffles is an easy way to indulge the kids."
£60 lakeland.co.uk

04\
Garlic rocker
Mike Shallcross
"A rocker is far better than a crusher and far easier than a blade for someone of my very limited knife skills."
£10 josephjoseph.com

05\
Rubberised spatula
Henry Dimbleby
"I simply couldn't live without it. Well, I'd live, but omelettes would be harder and I'd waste an awful lot of stuff in bowls."
£6.50 lakeland.co.uk

06\
Juicer
Aldo Zilli
"I like to kick-start my day with a vitamin hit and there is no better way than juicing."
£269 ukjuicers.com

07\
Fish slice
Richard Bertinet
"I still use my grandmother's fish slice from the '60s – the long spatula is ideal for slotting underneath foods."
£25 divertimenti.co.uk

08\
Microplane grater
Angela Hartnett
"They're quick, sharp, easy to use and there's very little waste, unlike classic graters which trap residue inside."
£25 hartsofstur.com

09\
Avocado tool
David Morton
"This turns out healthy fats on toast in a 10-second job. Cut, destone and then scoop for perfect slices."
£6 lakeland.co.uk

10\
Casserole dish
James Lowe
"It's not enamelled, so you get more colour when you're browning meat, meaning more flavour in your stews."
£175 lecreuset.co.uk

11\
Cast-iron pan
Louis Solley
"I cook, fry, braise, roast and simmer with it. I've had it for years and I think it takes care of 90% of my home cooking."
£190 lecreuset.co.uk

12\
Food extractor
Dave Mothersill
"I use my Nutribullet every morning for healthy green juices. It's also fantastic for whizzing up curry pastes."
£149 buynutribullet.co.uk

13\
Mixing bowl
Ruby Tandoh
"A glass mixing bowl makes such a difference. It's heavy enough to sit in the crook of your arm as you whisk away."
£6.50 divertimenti.co.uk

14\
Balloon whisk
Neil Borthwick
"It's a basic essential for me, giving perfect consistency in everything from mayonnaise to a good crème Chantilly."
£9.50 divertimenti.co.uk

15\
Food processor
Garry Hollihead
"My Thermomix is a lot more than a blender. It mills, whips, beats, steams, kneads... I love it almost as much as my wife."
£885 vorwerk.co.uk

16\
Indian Cookery
Ben Tish
"I cook a lot of Indian food at home but I'm an amateur in that field. Madhur Jaffrey is a staple in my own kitchen."
£20 hatchards.co.uk

17\
Made In Italy
Toby Wiseman
"Giorgio Locatelli's opus is more memoir than recipe book. It teaches, sure, but it educates too. One to savour."
£30 amazon.co.uk

18\
Spice grinder
André Garrett
"Pre-ground spices always lack flavour. Grinding your own transforms the taste."
£45 cuisinart.co.uk



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Peak Man Food

Butt rubs and double melts? Marina O'Loughlin has had her fill. Anyone who needs a burger to legitimise his manhood should take a long hard look in the mirror

The fat man is wearing very little other than full-body tattoos, a gimp mask and a leather harness. *Saturday Kitchen* this most emphatically ain't. I've no idea why Canadian chef Matty Matheson – for it is he – feels the need to strip off and perv up to show us how to make doughnuts. At least, other than his apparent conviction that it makes him look like a culinary mensch; a pan-wielding bro; a real food dude.

This performance comes courtesy of Munchies, a new food site from the knowingly edgy people over at *Vice*, also responsible for something called 'Fuck, That's Delicious', from another corpulent chap, rapper Action Bronson. His shtick consists of inhaling hotdogs almost whole and eating "46,000 courses" at Noma, "fuckin' stoned out of my mind." These, we're expected to infer, are Real Food Men.

The cliché of Man Food prevails. There is a line to be drawn from the days when Yorkie bars were marketed as 'Not For Girls' to today's unabated trend for 'dude food'. (I tried to see that one off as far back as 2012, but it's still proliferating like mould spores on an old cheese.)

At its core, we are expected to believe that only humans equipped with penises can deal with the challenge of big, meaty, butch, greasy, God-forbid-dirrrty nosh. And that somehow, its ingestion makes you more replete of testosterone and Y chromosomes.

I simply don't get it. What's so clever about fat and carb-loading? If it doesn't go straight to your paunch, it appears to go straight to your head. Witness *Man v Food*'s Adam Richman who, bloated, puffy and unwell after gorging his way around the USA, Instagrammed his subsequent weightloss with the hashtag #thinspiration, a buzzword much used by pro-anorexia sites. He then proceeded to get as truculent as a teenager when called out on it. Smart thinking there, Adam: must be all the brain food.

These days it might be less *branché* in the capital to flaunt your #bigboy burgers all over social media, but the likes of Manchester and Glasgow are sprouting dirty food joints at a rate of knots, all of them thronged with chaps evidently convinced that ramming tepid, juice-soaked sandwiches into their faces somehow makes them COOL and also HAWT.

Nobody's suggesting a move to mainlining salad here. But there's something about the whole syndrome that to me smacks of antediluvian attitudes, a throwback to a time when women at the bar were only good for a nice white wine or a fruit-based cocktail.

There's nobody who loves a good burger more than I do: the crackly char outside, rosy juices dribbling on to fresh-baked demi-brioche buns, plasticky American cheese that by some kind of meaty alchemy becomes irresistible when melting over smoky ground beef.

I celebrate the fact that the new breed of burger chains – the Meat Liquors and Honest Burgers – pride themselves on using decent ingredients rather than an amorphous slurry of bovine testicles and udders. But what you shove down your neck shouldn't define you.

The furthest reaches of Man Food lunacy come with those places that promise (threaten?) the world's most expensive burger, usually pimped revoltingly with the likes of wagyu, truffles, lobster, foie gras and gold leaf. One of these at a Chelsea restaurant – no, I'm not giving it the oxygen of publicity – weighed in at roughly 2600 calories a pop. Yours for more than £1000.

I know what stuffing your face with one of these will make you look like. And the word springing to everyone's mind sure as hell isn't 'dude'.



COLUMNIST'S PROFILE
Marina O'Loughlin is a journalist, writer and restaurant critic for the *Guardian*

Photography by Tal Silverman and David Newton

Beak To Tail Eating

With 20g of protein to every 100g, chicken belongs in your basket. But breasts can be dull and plucking expensive, so follow MH's five-day one-bird plan to make your stock rise

Thursday

Monday

Tuesday

Friday

Wednesday

CHEF PROFILE
Rachel Roddy is a British food blogger and writer based in Rome. Her first book, *Five Quarters*, is published this summer.
racheleats.wordpress.com

Photography by Dan Matthews



Monday
The Roast

Roast chicken with carrots, turnips and bread sauce

INGREDIENTS (SERVES TWO)
- Organic chicken, 2kg
- A lemon
- Carrots, 500g
- Turnips, 500g
- Extra-virgin olive oil

FOR THE BREAD SAUCE
- Small onion
- Garlic, 3 cloves
- Whole milk, 500ml
- Fresh breadcrumbs, 100g
- Butter, 30g
- Nutmeg

1\ Begin with the bird. Heat the oven to 180°C. Rub the chicken with olive oil and season. Prick the lemon then push it inside the cavity.
2\ Place her in a deep baking dish, breast side down, in the upper part of the oven for 30min, then turn for another 30min. Increase heat to 200°C and give it another 20min.
3\ For the bread sauce, peel the onion, stud with cloves and drop into milk with the garlic. Heat gently. When the milk is almost boiling, take it off heat and leave for 15min. Roast the chopped veg with the chicken for a final 30min.
4\ Remove onion and garlic from the milk, add other ingredients; season and heat. Stir until thick.
5\ Let the bird rest for 15min, then carve the breasts and plate up.

Tuesday
The Pins

Chicken legs with garlic-sautéed greens

INGREDIENTS (SERVES TWO)
- Chicken legs, 2
- Sprouting broccoli or spring greens, 500g
- Olive oil, 4tbsp
- Garlic, 1 clove
- An onion
- Carrots, 2
- Celery, 1 stick
- Black peppercorns, 5
- Bay leaves, 2

1\ Cover legs loosely with foil and put in the oven at 160°C for 10-15min, then cook the greens until tender but not floppy.
2\ Peel the garlic and bash it, so it's broken but still intact. Gently fry in the olive oil, then remove. Drain the greens and drop them in the oil, stirring to coat them. Plate up next to the chicken and tuck in.
3\ Before you wash up, make a broth. Discard the lemon, pick off any extra meat and save for other meals. Put the whole carcass (with any juices) in a large pan and cover with 2.5l cold water.
4\ Cut the onion, carrots and celery into chunks and add to the pan, with the black peppercorns, a pinch of salt and the bay leaves. Bring to the boil – scoop out any froth – and then reduce to a simmer for two hours. Strain the broth through a sieve. It should make more than enough for tomorrow's soup.





Wednesday
The Soup

Chicken soup with root veg, greens and pasta

INGREDIENTS (SERVES TWO)
- Leftover chicken meat
- Olive oil, 4tbsp
- An onion
- Carrots, 2
- A turnip
- A parsnip
- Celery, 1 stick
- Chicken stock, 1l
- Spinach or other greens, handful
- Small pasta or broken spaghetti, handful
- Salt and pepper

1\ You've already done the hard work, so this is going to go quickly. Peel and dice the onion, carrot, turnip and parsnip. Chop up the celery. Warm the olive oil in a large, heavy-based pan over a medium heat and cook the veg, stirring every now and then, for 10min.
2\ Pour in the chicken broth, bring it to the boil and then reduce to a simmer for 30min. Ten minutes before the end, throw in the remaining meat with the greens and pasta. Give it all a good pinch of salt and a grind of pepper.
3\ When ready, divide between two big bowls, making sure you both get a bit of everything. Bruschetta or garlic-rubbed toast with olive oil is good with this too, if you don't fancy pasta.

Thursday
The Filler

Chicken and pea risotto

INGREDIENTS (SERVES TWO)
- Chicken stock, 1l
- Olive oil, 3tbsp
- Small onion
- Risotto rice, 300g
- White wine, 100ml
- Frozen peas, 150g, defrosted
- Parmesan cheese, 50g, grated
- Butter, 30g

1\ Time for serious fuel. Heat the remaining stock in a small pan and keep warm. Peel and finely chop the onion and then fry over a medium heat in a deep pan for three minutes or so. Add the risotto rice and stir until every grain is coated with oil, then add the wine.
2\ Start adding the stock ladleful by ladleful, stirring all the time. Only add the next batch when the previous one is fully absorbed. After about 10 minutes, add the peas and then continue with the stock. Once all the stock is used up, take the pan off the heat and let it rest for one minute.
3\ When 60 seconds is up, add the butter and the parmesan and beat everything together with a wooden spoon. Serve immediately, but make sure you save a third for your final meal.





Friday
The Salad

Arancini with fennel, orange and olive salad

INGREDIENTS (SERVES TWO)
- Remaining risotto
- Fine breadcrumbs
- Vegetable oil, for frying
- Oranges, 2
- Fennel, 1 large bulb
- Black olives, handful

1\ To eke out your last supper you've got to be inventive. Mould the remaining risotto into walnut sized balls (these are your arancini) then roll them in the breadcrumbs and set aside on a plate.
2\ Warm about 3in of vegetable oil over a lively flame. To check it's hot enough, drop in a cube of bread – it should dance around and turn golden in about 30sec. Fry the arancini four at a time for one minute, until browned. Blot on kitchen paper.
3\ For the salad, peel the oranges and slice them crossways into quarters. Remove the stems of the fennel and reserve the feathery fronds, then halve the bulb lengthwise and cut each half into paper-thin slices.
4\ Arrange on a large plate and throw on the olives. Sprinkle with salt and olive oil and a few fennel fronds, then serve with the arancini. Now you just need to work out what to eat this weekend.

FOOD STYLIST: JACK SARGESON

Health's Kitchen

Chefs can find it hard to let off steam. When you're grafting round the clock and surrounded by food, exercise is not always on the menu. But some of the UK's best cooks thrive because of their fitness rather than in spite of it. Try some fuel for thought

Words by David Morton
Photography by Julian Benjamin



01

The Faster Chef

CHEF PROFILE
Michel Roux Jr is chef patron at London's Le Gavroche. He previously worked at Pierre Koffman's La Tante Claire and the Waterside Inn, Bray



01\ Michel Roux Jr

MILES ON THE CLOCK HAVE HELPED MICHEL ROUX JR KEEP UP WITH HIS WRITING, RADIO AND TV WORK ON TOP OF HIS REAL PASSION, RUNNING THE DOUBLE MICHELIN-STARRED LE GAVROCHE

Long-distance running is what I really enjoy. Twenty minutes on the treadmill is good and fine – anything that gets your heart beating, be that the rowing machine or the crosstrainer – but that's just a warm-up. The absolute minimum I run is half an hour once a week, and on a Sunday, I'll go out for two hours. It's almost religious. I live in South London, so I head for the river and just turn left or right.

When I run I don't listen to music or anything like that. I find it more meditative that way. I just go into a trance: total mental relaxation. In fact, I find that running solves problems. It's wonderful. As soon as I get home, I always jot down the recipes or ideas that I've rolled over in my mind.

I've done 20 big-city marathons, 13 of them in London. I'm not going for the big prize money when I race; maybe in another life. I'm more of a fun runner when it comes down to it. The biggest mistake you can make over that distance is to head out too quickly. It's easy to get caught up in the adrenaline rush of a big event with crowds, but before you know it you've overcooked it. You have to make that conscious effort to slow down for the first few miles.

Nutritionally speaking, I wouldn't advocate changing your habits. If you've always had a bowl of pasta with tomato sauce the night before longer training runs, don't go and change it for race day just because someone said that you should have pasta with cream sauce. It's the same with breakfast. If you always have cornflakes then just have cornflakes. Never change just for the sake of it.

Personally, I always have a piece of toast with honey before a run. Maybe some biscuits. Above all else, you should never, ever, run on an empty stomach. But then I'm a chef, remember.

le-gavroche.co.uk

02\ Tim Siadatan

ONE OF THE FIRST TRAINEES AT JAMIE OLIVER'S FIFTEEN, TIM SIADATAN NOW PUTS HIS OWN TEAM THROUGH THEIR PACES, KEEPING EVERYONE ON TRACK – INCLUDING HIMSELF

We're a close-knit team at Trullo so when the idea of training with a local PT came up, seven or eight of us went together. It's been a really great experience. Not only are we all getting a lot fitter, but it's good for morale in the kitchen. We get through it as a team and then it's something to talk about afterwards, other than purely the restaurant.

To be honest, it ends up just being the chefs who do it. We're trying to get everyone involved but the floor staff don't seem to take the bait. There is a core of about seven or so who do it every week.

When we first started, nobody really changed what they were eating. Some people wouldn't eat at all, so they'd be sick during the sessions. Chefs are notoriously poor eaters. Now we make sure we prepare a wholesome lunch at 12.30pm for whoever is training later that day. It's the combination of good food and training that really counts. You can't have one without the other.

trullorestaurant.com

"Running solves problems... As soon as I get home I always jot down the recipes or ideas that I've rolled over in my mind"



CHEF PROFILE
Tim Siadatan worked at St John in Clerkenwell, London, before opening Trullo, where he is chef director

02

The Grill Sergeant



CHEF PROFILE
Peter Gordon is executive chef at London's Kopapa and The Providores. He set up the Sugar Club in Wellington, New Zealand, in 1986

03

Diving For Victory

03\ Peter Gordon

FOUR RESTAURANTS, TWO CONTINENTS: PETER GORDON IS FOREVER SPINNING PLATES. HE STAYS AFLOAT WITH DAILY LAPS OF THE LOCAL POOL. WATCH HIM MAKE WAVES

I grew up on New Zealand's North Island and both my mother's and father's houses had pools, so we learned to swim by diving for trainers at the bottom. We lived fairly near Whanganui, the longest navigable river in the country, and during the summers we'd head to a place called Mosquito Point. I still go there when I visit my dad. There's this huge tree that was the focal point of our fun and, 50 years later, people are still swinging off it and dropping into the water.

I swim every day, either in London Field's Lido or, if I have more time, the Olympic swimming pool at the London Aquatics Centre, which is just incredible. I'm in the pool no more than 45 minutes and traditionally I'll do one length, rest a moment and then go again. It's easier that way if it's a bit more crowded and that kind of interval training is better for your form. I learned to swim by sploshing around in that river, but if you take the time you can learn to swim properly quite quickly. You don't have to hurtle down the lanes. You won't sink.

Running restaurants is extremely stressful. I've got two in London and two in New Zealand with a total of about 125 staff and I'm responsible for all of them, so when I'm swimming I look at the bottom of the pool, breathe and listen to the noise of the water. It's a very peaceful way to exercise and burn off some of the extra calories you can't avoid in the kitchen. To me it's spiritual rest and physical atonement all at once.
kopapa.co.uk



HAIR AND MAKEUP FOR THE HEMSLEY SISTERS: SJANIEL TURRELL I STYLING FOR THE HEMSLEY SISTERS: HAYLEY LAWRENCE I TOP MELISSA WEARS AMERICAN APPAREL, LEGGINGS SWEATY BETTY, SHOES COMME DES GARCONS, PLAY X CONVERSE ALL STAR | JASMINE WEARS LUCUS HUGH BODY AND LEGGINGS



04

Soul Food

CHEF PROFILE
Jasmine (above left) and **Melissa Hemsley** have just published Their first cookbook, *The Art of Eating Well*

04\ Jasmine & Melissa Hemsley

SISTERS JASMINE AND MELISSA HEMSLEY ARE FOOD WRITERS AND PHOTOGENIC FIGUREHEADS OF THE HEALTHY-STUFF-ACTUALLY-WORTH-EATING BRIGADE. THEIR SWIFT SUCCESS HAS BEEN BUILT ON SLOWING THE HELL DOWN

Melissa We started as private chefs about six years ago and one of our first male clients was a 40-year-old, low-calorie exerciser. He'd tried everything to lose weight and get his energy levels back up so we began with his food and then started to drop in some yoga. And that's all we needed to do. As soon as he started, he wanted more. Then his friends started doing it, too. Yoga gives you a different kind of burn. It moves your organs around and gets fresh fluid into your body.

Jasmine I've been practising yoga since I was about 17. That's a lot of yoga. I used to do it purely to stay in shape – I was a model and it seemed more attractive than the gym. I remember being in New York and walking past a window on the street and seeing a basement studio full of people all doing downward dog in unison. It looked amazing. To start with I did bikram, stuff like that. I wanted it to feel like a deep-tissue massage; something hard that hurts. I wanted results. But now I realise that the more subtle effects are what you really need.

My boyfriend does SoulCycle with his friends and they compete against each other every day. He'll say: "I've burned x-billion calories and I feel great!" But then they went on a golf weekend and did a yoga class for a laugh. Afterwards he Skyped me and demanded to know why I hadn't told him how good it was!

M There are times when I don't feel like a session but I've never, ever regretted it afterwards. There are so many different styles of yoga and almost all teachers and studios offer free introductory sessions, so you can find one that works for you. Even if you initially want to just stretch or improve your physical performance, after a few classes you'll feel infinitely better. Yoga should make you feel energised.

J We've come a long way since the Noughties, when you forgot sleep, worked constantly and hit the gym hard. Eating well used to be seen as a fad, but now we know so much more about nutrition. You need something to balance out all the constant social media, downloads and podcasts. Yoga is a time to close your mental laptop and process all that information. Our minds need a break.

hemsleyandhemsley.com

"Yoga gives you a different kind of burn... Even if you just want to stretch, it energises you"

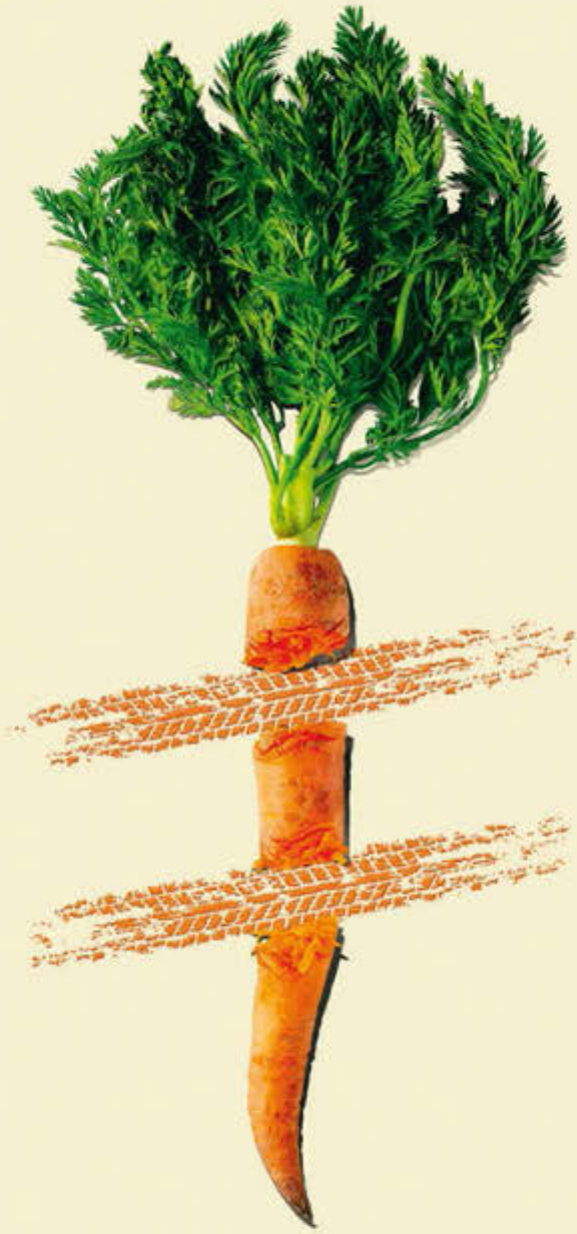
THE END OF EATING

If food is life and the route to one's heart is via your stomach, what would it mean if we did away with it altogether? Joylent is a meal-replacement shake that claims to make eating a necessity of the past. Less clear is how the future tastes without it

Words by Paul Wilson
Photography by Jobe Lawrenson

SWEETER DEAL
A liquid diet can be cheaper, quicker and more convenient... if you're willing to make a solid commitment





CRASH DIET
No longer the preserve of calorie clubs, shakes are now a solution for the busy working man

On 13 February 2013, Rob Rhinehart, a San Francisco software engineer, ended the first paragraph of a post on his Mostly Harmless blog with a startling declaration: "I haven't had a bite of food in 30 days, and it's changed my life." Two years later, as a result of those words and what they have inspired, I'm in my kitchen looking at bags of coloured powder, the contents of which will stop me from having a bite of food for the next five days. I'm wondering just how life-changing that might be.

The powder is Joylent, a recently launched version of Rhinehart's Soylent, the food substitute on which he existed for a month. His eye-catching statement was correct, if a little misleading: true, he couldn't sink his teeth into the paste-like substance he had developed to provide his body with complete nutrition. Instead, he slurped his meals out of a bottle.

With an engineer's problem-solving gaze, Rhinehart had looked at food and seen only its inefficiency. Why bother sourcing and prepping food to obtain the nutrients we need when we can go straight to source? He began researching nutritional science and supplement suppliers online, selected the ingredients to create his product and completed his month-long test. Then in June 2013, he raised $750,000 via online crowdfunding to make Soylent on a larger scale. He has since received over $20m in venture capital, and mass-produced Soylent now ships all over America.

In May last year, a visual artist from Amsterdam, Joey van Koningsbruggen, discovered Soylent and knew he had to try it. He also knew he was eating badly, living off low-cost junk because it left more time to make art, and because of his less-than-stellar artist's income. This was a viable solution: total nutrition with minimum prep, and cheap too. A four-week supply of Soylent works out at just £2.35 per meal.

There was a sticking point: Soylent was (and is) only available in the USA. But its ingredients are posted in full on its website – this is the open-source era, after all – and so van Koningsbruggen bought his supplies online and did the 30-day test. Halfway through the test phase, his friends asked if they could have some of the "Joey-lent" too. Nine months later, he's making 2500 bags a day and selling them for an average of £4 each. Now working full-time on Joylent, the money pays his wages, plus those of eight full-time staff and provides enough for a commercial production set-up. "I think," he says, about making and eating Joylent, "I will do this for the rest of my life".



Making A Meal Of It

Open a bag of Joylent – just over half a kilo, matte silver foil, about the size of an American comic book – and you get a whiff of one of its four sweet, milkshakey flavours: strawberry, chocolate, banana and vanilla. Each is made from finely ground oatmeal, whey powder, soy flour, maltodextrin (a thickener derived from starch), ground flaxseed and a blend of vitamins and minerals. The different flavours are defined by the whey.

One bag represents a day's worth of food – all the carbs, protein, fibre, fat, omegas and micronutrients a human needs. More, in fact. Joylent is made to European RDA standards, so there is actually 134g of protein in a day's worth, much more than the 70g UK average. The suggestion is that you consume a third of the powder three times a day, at mealtimes, swilled with water into a thick shake inside a Joylent shaker bottle, but any old protein shaker will do. My plan is to eat 15 Joylent meals over five days.

Breakfast on day one is actually quite pleasant – an oaty, strawberry smoothie. Five hours later, not too hungry, but ready for something to eat, I prepare lunch: another oaty, strawberry smoothie. My subconscious recalls the slogan from the Slim Fast TV adverts of my youth: "A shake for breakfast, a shake for lunch, then a sensible dinner". But this is Joylent and no dinner is forthcoming, sensible or otherwise. That earworm jingle taunts me every day I'm living off Joylent.

One bag of Joylent represents a day's worth of food: all the nutrients you need

So the evening's meal is yet another oaty, strawberry smoothie. The instruction sheet telling me to, "Fill the shaker with 1/3 of the pouch" led me to think one bag a day means a single bag per day, not a third of three different bags to keep things varied. I do not make this mistake again. Even so, my lack of foresight, and the fact that a smoothie is not the pork steak with cabbage and peas my wife has made for her own supper, means that day one's Joylent experience ends on a low point. I'm not hungry or particularly tired – I'm just disappointed.



No Room For Dinner

Joey van Koningsbruggen claims he eats Joylent, "about 60% of the time". The rest of the time he mainly eats pizza, because he recently launched a pizzeria with some of the proceeds of his rapidly expanding business. He does not recommend that you replace all your meals with their products, just as the makers of Soylent suggest its users strike a balance between eating food replacements and eating food. The increasing popularity of both products, and the similar ones appearing in their wake, suggests more people want what food replacements promise: cheap, quick and complete nutrition.

But how cheap and how quick is it? A 15-meal pack of Joylent costs €30 (or £21.40). Buy 90 and the cost-per-meal falls to £1.19. On the face of it, that seems very good value. If you can find a nutritious, lunch or dinner for a little over a quid, then good for you. On the other hand, two poached eggs on two slices of buttered toast with a cup of white coffee comes in at about 90p, including the gas for the hob, water from the tap, several grinds of pepper and two dashes of Tabasco. My morning Joylent, from the opening of a fresh pack to the shaker on the washing-up rack, takes about seven minutes. Poached on brown, from clean kitchen to clean kitchen, takes about 11 minutes. That's 29p lost and four minutes saved. If you're lucky enough not to have to worry about either, it seems somewhat meaningless.

Not so to van Koningsbruggen. According to the product's website, Joylent is "the ultimate hangover food" and in a jokey introductory message on the site, he writes that it can be eaten when you're on the toilet. This crazy Dutch sense of humour apparent on the site contrasts markedly with the Soylent sales pitch, which is slicker, less gimmicky and supposedly aimed at the kinds of people working all hours for start-ups. "What really appeals to me about Joylent is that you can save time to have more fun with other things," says Koningsbruggen.

After dinner on day one, I go to a gig with a friend I haven't seen for a while. He asks me what I'm up to. I say I'm eating astronaut food for five days. Then he asks the same questions everyone asks when I tell them about Joylent: Is it nice? Are you hungry? What's going on fart-wise? Answers: not bad, not really, not much.

This interest in my diet seems to cause immediate interior rumbling, but no actual passing of gas. Given the brain's control of the digestive system, perhaps it's no surprise that merely talking about the lack of 'proper' food in my life can cause quick hunger pangs. Maybe I'm just nervous admitting to people that I'm a freak who is eating the food of the future. Either way, the effect has disappeared by day three. This is the only issue I have with waste management while on Joylent. (It must be recorded that surviving on nothing but pale powders did lead to paler-than-normal poop.)



Social Drinking

By day three of the experiment I have learned a few things. One of them being that if I have planned to go with my wife to see *American Sniper*, and to join her in the Nando's next to the Odeon beforehand, then I am not going to happily sit by and passively observe her feast on chicken wings on account of having glugged a shake before leaving the house. This happens on the evening of my third day. I switch out a shake for half a medium chicken with coleslaw and corn. It tastes magnificent.

And this is key. The nutritionists I speak to accept that the theory behind Joylent – that man can live on gunk alone – is sound, up to a point. "Assuming these products supply every nutrient they need, then people can survive on them," says Gary Frost, professor of nutrition at Imperial College. But Joylent can't win when it comes to food's secondary function: the pleasure generated in preparing and eating it, especially in the company of others. In my short time subsisting on it, I have to turn down an invitation to lunch; I avoid eating with colleagues; my wife makes her own meals and we eat separately. I'm no Blumenthal or Kerridge, but I like to cook. Mixing powder and water is not cooking.

Joylent and Soylent are marketed as products to save time, and we all know that saving time can only be A Good Thing. But is it good to forego a meal with friends and family? Or the experience of walking round a market, or a meal in a restaurant, or even a really good big shop at a supermarket when you know you're going home with great stuff for the fridge? If living off meal-replacement products means no washing up on Sunday afternoon but no actual Sunday lunch either, then hand me the Marigolds.



Just Desserts

Crucially, my chicken capitulation does not catapult me off the wagon. On the morning of day four, I have a Joylent shake in the kitchen while crumpets are toasted and buttered, and a real fruit smoothie is prepared. It's not an issue. Breakfast Joylent is never an issue. It tastes OK in any flavour and the swigging of the shake followed by the water from a swill-out of the shaker leaves my gullet and stomach sated almost immediately. It's pleasant to drink and I'm not hungry until lunchtime.

Similarly, Joylent at lunchtime is not much of a problem, especially on the three days I work from home. On the other two, during which work requires me to attend a couple of photo shoots, I lurk in the corner as colleagues eat proper food enjoyed at a table with forks and plates.

I hide the shaker and only tell one person what I am doing. Thinking about it later, I realise that my covert shaking is part embarrassment, part food envy and part simply wanting to get on with it, without having to explain – again – why I am on a meal-replacement diet.

My desire for savoury has me contemplating grinding pepper into my chocolate shake

In the evenings, however, Joylent reveals to me something I didn't know I had: a savoury tooth that needs to be fed. Knowing that I have to down sweet-flavoured goop for dinner every night is the toughest mental hurdle to overcome. My desire for savoury has me contemplating grinding pepper into a shake; I yearn for vegetables, especially peas topped with yet more pepper. My wife begins eating her evening meal in a different room so that I don't have to see her eating nice, normal things.

Chocolate, oddly, is the least sweet of the four Joylent flavours, so by day four, I am making a point to save chocolate for dinner, and rotating the other three flavours for my other meals. I cope and I get through it. But by the close of day five I am relieved, to say the very least.



A Solid Successor

Meal replacements are nothing new. In extreme, temporary circumstances – a broken jaw, a cancer patient with a chemo-ravaged appetite – they are welcome. The makers of Complan, one of the UK's best known meal replacements, which in 2014 celebrated its 60th year on sale, recommends no more than two of three daily meals replaced until you are well enough to eat properly again. Actually *choosing* to eat in this manner is something else entirely. Can it really be OK to eat this stuff all the time?

"Your physiological response to food is different when it's given as a liquid mix of chemicals to when it's given in the form of solids," says Frost. When you eat sugar you experience an insulin spike. If you eat the same amount of glucose via the cells of plants then you get a lower spike of insulin. It's not that you can't survive, it's just that the physiology is different.

"We don't know the long-term effects of subsisting solely on liquid food," says Frost. "The gut is very important and sends out certain signals depending on the type of food it's receiving. These regulate your appetite and metabolism. Will those change when you imbibe only fluids? No-one knows. The long-term research hasn't been done."

Joylent – which was approved for sale by the Dutch authorities – continues to enjoy growth in popularity. Its biggest markets are Germany and the UK, and in February an order came in for a month's worth from Madagascar. The same month, the company launched Joylent Sport, modified with creatine, beta alanine and extra protein to counter muscle fatigue, as well as other additions to improve joint function. In March it solicited flavour suggestions through its website. Beyond that, van Koningsbruggen plans further expansion including investigation into whether he can make a Joylent bar that provides a quarter of your nutritional needs. More interesting to learn will be the percentage of people turning to food replacement products in years to come.

DOWN TOOLS
There's pleasure in the prep. If we no longer need to work for our supper, will it lose some of its allure?





Your colleagues might be happy to make do with the perennial Pret run but self-respecting foodies can do better. We tasked five of Britain's up-and-coming food writers to demonstrate how you can conjure up a world of flavours in the office kitchen

Photography by Sun Lee



HOT SHOT
Eggs and peanuts offer fatigue-fighting tyrosine and cider vinegar stabilises blood sugar, which will get you out of a pickle if you enjoy something a little sweet in the morning

Breakfast
GOOD MORNING VIETNAM

by Rosie Birkett

Shun shop-bought breakfast subs and try kickstarting your day the Indochine way with bánh mì on toast. The mix of peanut butter, sourdough, and fish sauce omelette, with a natty pickling trick on the side, is damn hot on protein.

INGREDIENTS

- Golden caster sugar, 2tbsp
- Cider vinegar, 2tbsp
- Medium carrot, peeled and cut into matchsticks
- An egg, beaten
- Fish sauce, 1tsp
- White pepper
- Spring onion
- Sourdough
- Peanut butter
- Fresh coriander
- Sriracha

1\ First up is your office-kitchen pickle. Dissolve the sugar in the vinegar and add the carrot matchsticks. You need to leave it to steep for about 10 minutes, so leave it to one side while your crack on with the rest.

2\ Combine the egg, fish sauce, pepper and onion in a decent-sized microwaveable bowl and whisk lightly. Give it 40-60 seconds in the microwave and pop your sourdough into the toaster. Remove the carrot from its pickling juice, then squeeze and drain on kitchen towel.

3\ Generously smother your toast with peanut butter and top with the omelette, then scatter over some spring onion, coriander and the pickle before finishing with sriracha. Munch loudly to truly Hanoi your colleagues.



SUCK IT UP
Blood pressure rising? The nitrate-rich watercress in this recipe will keep it in check. A healthy helping of coriander will sharpen your memory, too, recent studies have found

Mid Morning BOARDROOM CUP-O-NOODLE

by Uyen Luu

The nearest convenience store is your oyster with this dish. A near-instant snack, it can be tweaked to include any type of noodle, vegetable or cooked protein you like. The only thing you must not add is a sachet of sauce.

INGREDIENTS

- Sweet miso paste (or instant miso soup), 1tbsp
- Portion of noodles (egg, ramen, mung bean or udon)
- Watercress, ½ bag, torn
- Soy sauce, 1tbsp
- Coriander, handful with stalks
- Chilli sauce (optional)

1\ This begins the same way as the corner-shop version. Pop the the kettle on. Place the miso paste (or stock made with a cube), noodles and watercress in a bowl. By all means break them up a little so they fit in better. **2\ Pour over 200ml of just boiled water** (about a cupful) and stir well with soy sauce. Cover the bowl with a plate and leave it for five minutes to allow the noodles to soften. **3\ When the time is up, mix the ingredients together** to combine the miso, noodles and watercress well. Top with a handful of bean sprouts if you're so inclined, plus the coriander, a little chilli sauce and/or a squeeze of lemon or lime juice to taste. For a fast, souper-charged mid-morning snack, you won't get tastier. It's elevenses, Asian-style.



PASTA PAYLOAD
Reheating the pre-cooked potatoes lowers the carb's GI value and pine nuts' pinolenic acid will grind your hunger down even further, the American Chemical Society claims

Lunch
PASTA A BOLLITORE

by Olia Hercules

Bollitore is Italian for 'kettle' – and you won't need any more complicated hardware than that. This takes six minutes to make and is based on the classic Ligurian combo of pasta, green beans, spuds and pesto. Buon appetito.

INGREDIENTS

- Fresh pasta, 100g
- New potatoes, 50g, canned
- Fine beans, 50g, fresh and chopped
- Green pesto, 2tbsp
- Rocket leaves, handful
- Pine nuts, 1tbsp (optional)

1\ First things first, boil that kettle. Place the pasta, new potatoes and beans in a medium-sized bowl. Just make sure you choose pasta (any shape you like) that has a cooking time of less than three minutes. You can always substitute the tinned potatoes with chickpeas if you'd like to supplement your lunch with a bit more protein and a few less carbs.

2\ Add a generous pinch of salt and cover with the boiled water. Immediately cover your bowl with a plate, then simply leave it to cook for three minutes, which will be enough time to finish the pasta. Seriously, that's it for the cooking.

3\ Drain, and stir through the pesto and rocket. Plate up, sprinkle over the pine nuts then savour smugly.



GO TOPLESS
Oily fish will keep your mental cogs turning. But get your head around this: fennel is a top source of folate and directly linked to better brain function

Afternoon
TAKE IN THE NORDIC LIGHT

by Bronte Aurell

Scandinavians eat their open sandwiches with a knife and fork. Unlike us, they take their time, too –probably over a gripping crime thriller. For a lighter option, omit the bread, keep the peas whole and mix in a bowl for a Scandi salad.

INGREDIENTS

- Green peas, 50g
- Chives, 2tsp, chopped
- Tarragon, 1tsp, chopped
- Lemon juice
- Olive oil
- Salt and pepper
- Dark rye bread ½ slice, buttered
- Smoked mackerel fillet, ½
- Fennel and apple, thinly sliced
- Dill, to garnish

1\ Crush the peas with a fork, add the chives and tarragon, a few drops of lemon juice and olive oil, then season. Place your buttered bread on the plate and add the crushed pea mixture on top, spreading it evenly. (Neat is far more authentic, Scandophiles.)

2\ Remove the skin from the mackerel fillet and place it on top of the pea mixture.

Finely slice a chunk of fennel and place in a bowl, then slice a chunk of apple the same way.

3\ Combine the two and dress with another few drops of lemon juice, olive oil and some seasoning, if needed. Place the fennel salad on top of the mackerel fillet and decorate with a large sprig of fresh dill. You're killing it in the office stakes.



CHICK THIS OUT
After a long hard day, crack open a can. Chickpeas are high in tryptophan, an amino acid that swiftly raises your mood and sleep hormones. You'll rest in peas tonight

Dinner
HEAD IN FOR AN INDIAN

by Meera Sodha

A quick supermarket sweep will enable you to gather the ingredients for a salad that won't slow you down if you're working late. The Bombay mix topping will help make it feel more of an indulgent reward than it actually is.

INGREDIENTS

- Baby spinach, large handful
- Chicken breast, cooked, 100g
- Baby plum tomatoes, 10
- A shallot
- Chickpeas, tinned, 100g
- Bombay mix, handful
- Mango chutney, heaped tbsp
- Oil, 1tbsp
- Juice of ½ lime

1\ Start with some quick knife work. Shred the spinach, slice the chicken, quarter the tomatoes and finely dice the shallot, then place all the ingredients together in a bowl.

2\ Now rinse and drain the chickpeas, then add a handful to your bowl, along with a handful of Bombay mix for added crunch and spice.

3\ In another small bowl, mix the mango chutney, oil and lime juice together using a fork. Drizzle the dressing over the salad and muddle everything together. It's guaranteed to beat late night takeaway any time.

rosiebirkett.com
uyenluu.com
oliahercules.com
scandikitchen.co.uk
meerasodha.com

FOOD STYLIST: ROSIE BIRKETT I STYLING: ERIC DOWN I STYLING CREDITS: BLAZER AND POLO SHIRT BOTH HARDY AMIES; JACKET LOUIS VUITTON; SHIRT BY MARNI; T-SHIRT AND CARDIGAN BY COS, WATCH TAG HEUER; SWEATER MICHAEL KORS; SWEATSHIRT DKNY, BLAZER RICHARD JAMES, WATCH RADO

GRAPE RETURN$

There's no interest in the bank, but there's plenty at the vineyard. Investing in wine delivers in spades for both pleasure and profit if you have a taste for business

Words by Mike Shallcross
Photography by Aaron Tilley



PLAY IT SAFE
For maximum returns, your investment should start before it hits the bottle

The chilly cellar of the celebrated London wine merchants Berry Bros and Rudd looks less like a stockroom than a venue for disgruntled Tudors to plot regicide. Nevertheless, this is where I finally get what wine investing's all about.

Among the racks of dusty treasures, two bottles stand out. The first is a 2009 Petrus: if you're in the market for one, expect to pay north of £2000, and keep it somewhere safe until around 2030 when the cork will be ready to pop. The second is even finer, a legendary 1982 Château Lafite Rothschild, currently in the junior years of a drinking window estimated to end somewhere around the late 2050s. If you'd bought a bottle on release, you might have picked it up for around £17. These days? You'd be very fortunate to get change from £5000.

New investment opportunities don't abound nowadays. Banks at best freeze cash, property is an oligopoly, stock markets feel like a day at the races, and bond markets a rigged casino. You could always invest in gold, but as financial journalist James Surowiecki puts it, "You're basically betting that someday, a greater fool will come along who thinks gold is worth more than you do."

And then there's wine. The opportunity is that, like art, it's a tangible asset rather than a volatile financial instrument. Better still, unlike art, its stock is always diminishing. People who collect Gerhard Richter etchings rarely burn them after purchase. But each time someone drinks a bottle of the same vintage, yours becomes scarcer and thus more expensive.

Drink it in

You also have the licence to brag, of course. Discussing almost any other investment sounds vulgar, but a good wine cellar marks you out as a man of taste and distinction. And if the bottom shouldfall out of the market tomorrow? Well, you can't drink a bond, a short-sold share or an ingot of gold, but uncorking a vintage claret may be the most exquisite way to drown your sorrows yet devised.

On the financial pages of most newspapers, wine has a reputation for being investment plonk rather than premier cru. But now is a great time to get involved, as the market begins to recover after a turbulent period. "There was a boom in the noughties," explains Martyn Rolph, an advisor at Berry Bros and Rudd. "But it wasn't typical. You have to look at the market over a 10-year window.

"The market peaked in 2011 before going down, but it's picking up again now, and it's not a bad time to get involved. Some vintages are now significantly cheaper than they were four years ago."

The bust, such as it was, came from an overheated market. Both 2009 and 2010 had been excellent years for Bordeaux, and quality plus increased interest from buyers in Asia drove prices through the roof. Between 2003 and 2011, prices of the most sought-after wines went up by 250%. In the next two years, prices dropped by a third – a combination of the downturn in the global economy finally hitting the wine trade, and Bordeaux's producers failing to scale back their prices in the not so vintage years that followed 2010.

> Each time someone opens a bottle of the same vintage, yours becomes more valuable

"Bordeaux's choices can make or break the market," says Rolph. And indeed the region does seem to operate the same pivot on the wine market that Saudi Arabia does for crude oil. Despite hosting a mere 2% of the world's vineyards, it accounts for 75% of the wines traded on Liv-ex, a sort of stock exchange for wine traders. Bordeaux benefits from being both well regulated (the Bordeaux classification was developed in 1855, and still provides a clear marker for quality) and making wines with real staying power. "It's not uncommon for good Bordeaux vintages to last 50 or 60 years," says Tom Harrow, of wine merchants Honest Grapes.

For the novice investor, the first step is to find a good wine merchant to guide you in starting your cellar. You can play it safe by going with an established one.

>



Wine Investment



BEHIND BARS
Keep your wine in bond to maximise value – and minimise temptation



SAY WHEN?
Don't be too hasty to uncork your assets. Good wine can be drunk for 50 years

06

Steps to successful wine investing

How to uncork a vintage profit

01\ Establish provenance

Your wine's heritage is crucial. This is also why keeping it in bond is important, so any buyer knows it's not been tampered with. "The best price in the world will do you no good if it's not actually Latour," says Chris Orr of WineGuise.

02\ Check the Parker scores

Critic Robert Parker devised a 100-point system to rate wine. "Anything above 95 and the price will jump up," says Nathan Hill of Honest Grapes. See erobertparker.com.

03\ Go big on Bordeaux

For investment purposes, Bordeaux should make up 80% of your portfolio. "Top-level 2005 is at its lowest point and is destined to go up over the next three years," says Orr.

04\ Invest in pleasure

"Think of it as art: buy what you like, and buy one case to drink and one to finance," says Tom Harrow. "If it doesn't pay out, at least you're left with something you enjoy drinking."

05\ Don't bet all your chips

"Whatever some fly-by-night wine sales guy tells you, don't cash in your pension and stick it all in wine," says Orr. "You should never risk something you can't afford to lose."

06\ Use the internet

See what's on the market and how much it's worth at wine-searcher.com and wineowners.com. You can also weed out dodgy merchants at investdrinks-blog.blogspot.co.uk.

Berry Bros offers a cellar plan which starts at £250 a month, with an advisor to tailor your needs, risk profile and how long you want to invest for.

If, like me, you'd be delighted to still have that much in your account at the end of the month, try putting a syndicate together. For the price of three pints a week each, six people could build up an enviable little cellar over a year – combining traditional investment-grade Bordeaux with Burgundy, and adding some exotic Italian treats – the cultish Super Tuscans (aka the thinking man's Chianti) and Piedmont's sublime Barolo, which combines beautiful complex bouquets with a solid punch of gamey flavours. It's up to you to find the sweet spot between profit and financing your own drinking by taking some to market.



Bottle it up

For maximum returns, snap it up before it's bottled. Buying *en primeur* will secure your case while the vintage is still in a barrel. The wine itself will typically be delivered two to three years after the vintage date. "Buy a premier cru Chablis en primeur and then forget about it for five years," says Harrow. "By the time it comes up to drinking, it could have gone up by 40%-20% from the en primeur price and then a further 20% increase in value over the five years."

Once delivered, the wisest thing to do is to keep the wine in bond, (generally at a cost of around £10 per case a year) storing the wine in controlled conditions until it's either ready to drink or sell. This isn't *just* because we don't trust you not to open that Vosne-Romanée Grand Cru when your Friday night pizza arrives, and you're out of Jacob's Creek. Rather, it assures a vendor that he's getting the genuine article in the best possible condition (in a market which has suffered from scammers).

It also cuts your costs. "The beauty of buying wine in bond is that only the person who drinks it pays the VAT and duty," says Rolph of Berry Bros, which keeps 9 million bottles in a state-of-the-art warehouse facility in Basingstoke, quite unlike its Harry Potter-esque flagship store in Mayfair. Take a box out, and the effect on its retail value is rather like driving your new car off the forecourt.

How long you keep them there, or somewhere similar, is another point. Fans of the quick Ray Winstone-style 'cash out' should probably look away now. Rolph recommends an eight to ten-year window, or a 15-20 one for Bordeaux Premier Cru. "The 1996s are just beginning to enter their prime drinking window," he points out.

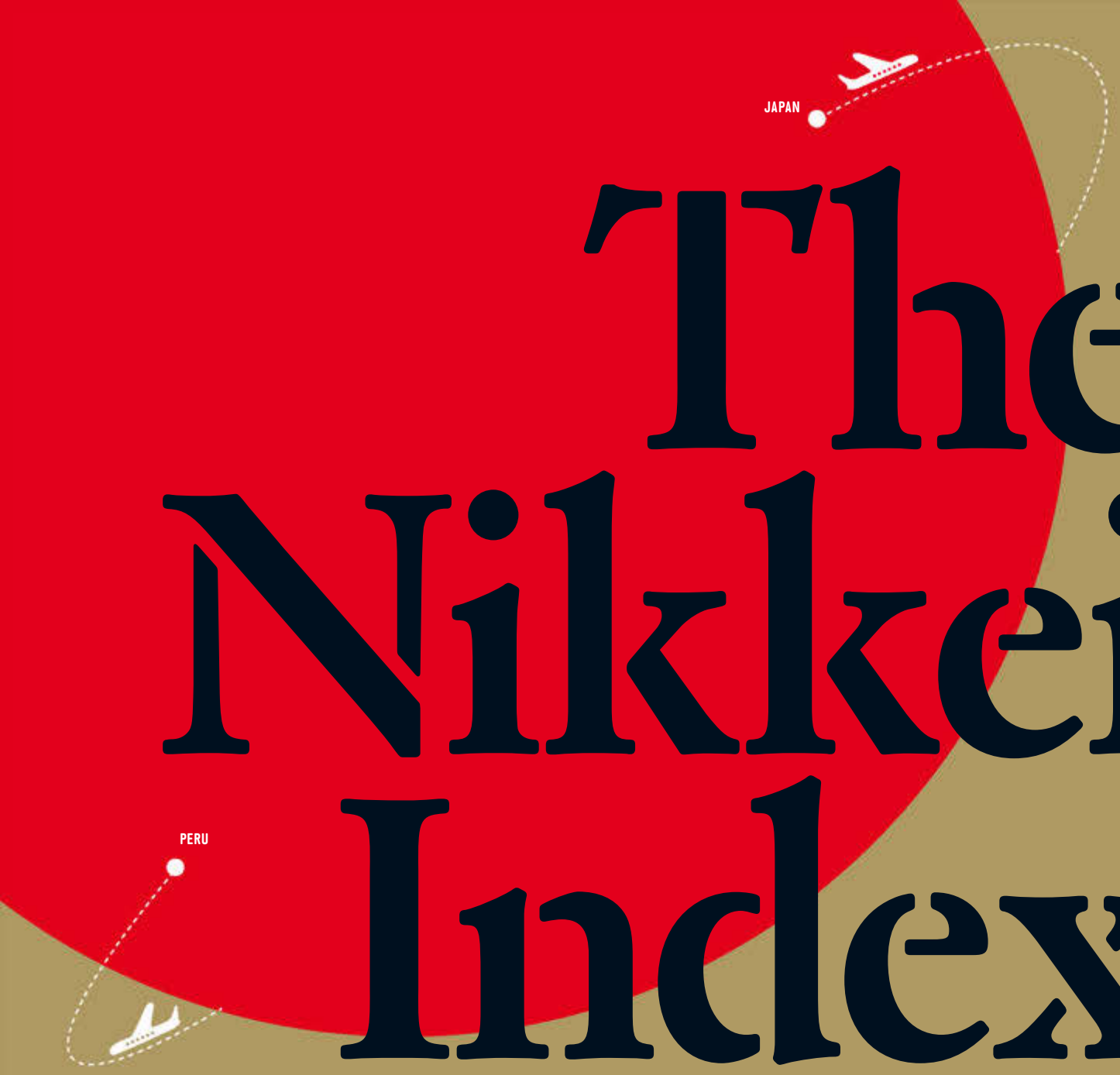
For the more hands-on investor, Chris Orr, managing director of wine investors Wineguise, recommends making multiple small deals. "If you invest, say, £50,000 and wait 10 years, you could just cash it all in then," he says. "However, if you manage to trade that asset three or four times in that period, you could achieve a higher return, less costs and have an asset at the end of it that still has a long window of value appreciation."

Fans of the Ray Winstone cash-out can look away – this is an eight to 10 year bet

And looking into the future, who are the rising stars to look out for? "Burgundy is huge at the moment, with about 7% of the investment market. Italy has about 8%," says Harrow, citing Mastrojanni, a Super Tuscan producer, as a current favourite. "Prestige cuvée champagne is also more popular, but the Rhone could be the next big thing, with more interest in the top Châteauneuf-du-Papes."

Further afield, pickings are slimmer. "The New World is producing excellent wine, but they're rarely worthy of investment," says Orr. "The one exception is California, where great wines are being produced in tiny quantities, giving them extreme rarity values. Plus American collectors are very patriotic."

It's an enticing world, filled with virtues not exactly abundant in today's world: patience and a desire to find something kicking against the goads of big-brand homogeneity to name but two. Ultimately, it's difficult to argue with Tom Harrow's injunction, "Go out and have a little fun." You can't really say that about an ISA, can you?



The Nikkei Index

Combining Japanese proficiency with Peruvian playfulness, Nikkei cuisine is making its mark the world over. *Epicure* traces its origins from the shores of South America to the streets of Soho. Its final destination: your kitchen

Words by Dale Berning Sawa
Photography by Dan Matthews

When, in 1994, the renowned *New York Times* food critic Ruth Reichl enthusiastically reviewed a new Japanese joint on Manhattan's Hudson Street, Nobuyuki Matsuhisa was still a relative newcomer to the restaurant scene. A bright young chef with a thousand ideas, a history of travelling (to Peru, then Alaska and California) and an exacting, maximalist palate, he made food that was, according to Reichl, neither Japanese nor American. It was seemingly "invented on an airplane five miles up and 1500 miles inland from either coast". The maverick chef hailed from that "fantasy restaurantland that recognises no geographic boundaries". With Matsuhisa, she said, "something



01
NIKKEI 'CUED LAMB CHOPS

by Chotto Matte executive chef Jordan Sclare

INGREDIENTS (SERVES 3)

- Lamb chops, 6
- Garlic, 3 cloves, crushed
- Oregano, large pinch
- Rice wine, 50ml
- Soy sauce, 25ml
- Cumin, ½tsp
- Horseradish, 1tsp, grated
- Sea salt, pinch
- Fresh lime, 3 wedges
- Coriander, 2 pinches, chopped

1\ Prep your spicy marinade ahead of time by combining everything bar the lime and coriander. Place it in a bowl with your lamb overnight.

2\ Ready to go in for the grill? Remove the meat from the marinade and barbecue or grill for 4min on each side.

3\ Once cooked, let it rest at room temperature for 2min.

4\ Top with the coriander, garnish with lime wedges, and serve. Consider this lamb with a spring in its step.

FOOD STYLING: JACK SARGESON



wonderful is always on the horizon." Nobu was on the map.

Just as distance makes it easier to draw a coastline or map out a territory, so 20 years brings the history of a burgeoning cuisine into pleasingly sharp focus. The explosion of flavours unleashed by that original Nobu in Tribeca was contributing to what we now know as modern Nikkei. This unique and exuberant melding of Japanese and Peruvian gastronomical cultures has in the last couple of years enjoyed something of a boom. Recent establishments showcasing the vibrant flavours of Nikkei include Pakta, the high-end Barcelona establishment by the Adrià brothers (of elBulli fame), and London's Chotto Matte. While it now has a name where Reichl had none, critical response to these fusional offerings is in keeping with hers: effusive surprise and delight, a sense of something altogether new.

Nikkei simply means "of Japan" and describes the Japanese diaspora the world over. But in particular it denotes a uniquely Peruvian phenomenon. It is the cuisine developed there over the last 100-odd years by first, second and third-generation Japanese home cooks and chefs. As far as cultures go, a hundred years barely gets you to adulthood. This is something fresh and in flux, a cuisine still in the making.

On his journey to the Big Apple, Nobu did a stint in Lima, Peru, in the '70s. The restaurant he opened there, Matsuei, has been hugely influential, both in terms of its impeccable grounding in traditional Japanese culinary arts, and the wide-eyed creativity with which Nobu embraced and transformed local produce. This approach echoed that of the pioneering Nikkei chefs there before him, including Minoru Kunigami and Humberto Sato. In Peruvian waters, Japanese chefs – by nature tuned into the ocean and its bounty – discovered all manner of shellfish, fish and seaweed that local fishermen found no use for. As journalist and author Josefina Barrón notes in her book *Nikkei Es Perú*, their exquisite creations rapidly developed a following among a Peruvian population primarily accustomed to chicken and beef.

Gastón Acurio, one of Peru's foremost chefs and culinary ambassadors, argues that the quintessential Peruvian dish ceviche is what it is – that is to say, raw – because of this Japanese influence: "The seafood world of Peru – cevicherias throughout the country – owes a lot to the Nikkei world." Gabriel Gonzalez, co-founder of Lima in London, concurs, highlighting tiradito as the other dish characteristic both of Nikkei cuisine itself and the Nippon influence over Peruvian cuisine at large. Both dishes combine the Japanese idea of raw fish with the very Peruvian idea of abundant spice (aji amarillo chillies in particular, which

RESTAURANT PROFILE
Chotto Matte serves up the best of Japanese and Peruvian cuisine from London's Soho
chotto-matte.com



INGREDIENTS (SERVES 3)

- Fresh tuna, 200g
- Olive oil, 2tsp
- Sea salt, 1tsp
- Ground pepper, pinch
- Soy sauce, 50ml
- Rice wine vinegar, 30ml
- Spanish onion, third, washed, finely diced
- A spring onion, washed, thinly sliced
- Huacatay, 10 leaves, chopped

02
SEARED NIKKEI TUNA TATAKI

By Jordan Sclare

1\ **Season the tuna, rub with oil**, then sear it on a smoking hot pan to brown each side.
2\ **Immediately immerse the fish in 500ml iced water** – a trick to stop the centre cooking. Dry, then thinly slice.
3\ **Mix the soy sauce** with the vinegar and diced onion and leave to sit for 30min.
4\ **Plate up the tuna and top with the onion marinade**, spring onion and huacatay (sure, regular mint will work too) for a final flourish.

INGREDIENTS (SERVES 3)

- Seabass fillet, 200g, sliced
- Green beans, 50g, cooked and sliced
- Beetroot, 30g, raw, peeled, grated
- Green chilli, third, chopped
- Soy sauce, 35ml
- Juice of ½ lime
- Zest of ½ lime
- Olive oil, 20ml
- Rocket, 50g

03
NIKKEI HOT SASHIMI SALAD

By Jordan Sclare

1\ **Slice your seabass into thin strips,** then combine the other ingredients (bar the rocket) to make a juicy bed for your low-carb lunch.
2\ **Arrange on a plate and top with leaves** for a dish that's simple, but impressive. It's all about that bass.

have a full-bodied fruitiness and subtle heat), lime and texture (in garnishes of coriander, finely sliced veg, corn and crumbled potato chips). The dishes differ, however, in how the fish is prepared and seasoned. In ceviche, raw fish is cubed then marinated in citrus juice until 'cooked', whereas tiradito sees it sliced thinly and dressed only as it's plated. Like sashimi, it remains completely raw. Both iterations demonstrate a simple truth: seafood is where Nikkei shines.

Immigration from Japan to South America goes back to the 17th century when Spanish-led trade between South-East Asia and Mexico saw cargo from the Far East, the Middle East and Polynesia ferried to the Americas. Through the latter part of the 1800s, ties between Japan and Peru were cemented by the Morioka Immigration Company, which lured prospective immigrants with the promise of a happy life "near the beach in a land where it never rains..." Japanese labourers came to work on coastal cotton and sugar plantations, bringing with



04

NIKKEI SALMON CEVICHE

By Jordan Sclare

1\ Enjoy a few fine slices of Peru in your own kitchen. Slice up the fish and onion, then add the juices and salt. Let it marinate for 10min.

2\ When the timer buzzes, add the other ingredients for a flavoursome salad unlike anything you'll sample in your supermarket's 'Finest' range.

INGREDIENTS (SERVES 3)

- Salmon fillet, 200g, sliced thinly
- Red onion, quarter, sliced
- Lime juice, 50ml
- Yuzu juice, 35ml
- Sea salt, large pinch
- Red chilli, third, chopped
- Coriander, 15-20 leaves, picked from stems
- Soy sauce, 10ml
- Celery, 30g, thinly sliced
- Sweet potato, 50g, roasted and sliced

them foodstuffs, recipes and, crucially, a working-class adaptability. They made use not only of locally scorned marine produce but offal, too. They also knew their way around a vegetable. The Japanese vegetarian tradition, shojin ryori, was translated into an embrace of the plentiful seasonal foods on offer: beans, yuca, corn and the myriad Peruvian potatoes. Many immigrants were farmers and in Peru they found climes and soils that allowed them to plant crops of their own choosing: kaki (Japanese persimmon), kyuri (Japanese cucumber), aubergine and satsuma.

In her book, Barrón describes an interesting attempt she made with Acurio to unpick the essence of Nikkei. Japan, they concluded, has given Peru the monastic rigour of its cuisine – technique, reason, tranquillity – while Peru's hand in the matter is all fire, zest and exuberance. It's this playful clash of sensibilities that is perhaps Nikkei's greatest appeal. Where the beating heart of Japanese cuisine can be distilled, as Jun'ichirō Tanizaki does in his classic essay *In Praise of Shadows*, down to the mystery of a dimly lit bowl of miso soup, quiet and still in a black lacquer bowl, Nikkei operates on an altogether more riotous plane.

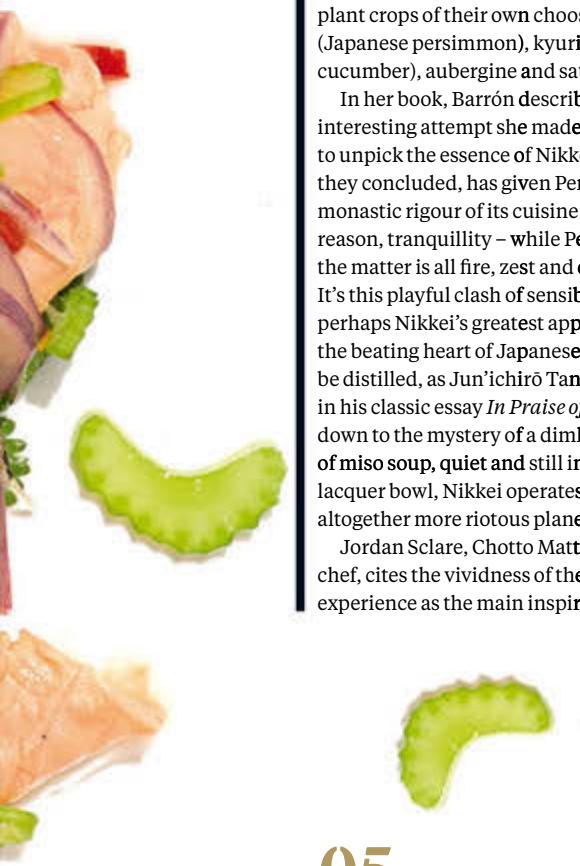
Jordan Sclare, Chotto Matte's executive chef, cites the vividness of the Peruvian experience as the main inspiration behind the restaurant. Founder Kurt Zdesar (the former operations director of Nobu Europe) wanted to celebrate this vibrancy with a menu that features hundreds of natural colours, from the multitude of peppers to over a hundred varieties of potatoes, each with their own particular hue; from the huacatay (Peruvian black mint) and coriander to the proliferation of fruit. This carnival of colours perfectly mirrors the ebullient flavours at play on each plate. Together it's a feast for the senses.

An omakase (or chef's choice) menu at Chotto Matte takes the diner on a journey that covers the full gamut of what Nikkei can be. From yellowtail sashimi mixed with yuzu soy and truffle with a purple potato crisp, you move on to a sea bass or lobster ceviche. Then wild pink prawn tempura with huacatay sauce, followed by robata (Japanese barbecue) chicken marinated in garlic miso and barbecued octopus with a chilli marinade. Then smoked lamb served with chilli and lime. Then more Nikkei sushi. Finally, dessert consists of mango, coconut and passionfruit with shaved granita, served inside half a coconut. "The lid is off the box here, there are no rules," says Sclare.

Using exclusively seasonal produce at its freshest and of the highest quality, a good Nikkei meal is that rare thing: fine dining for the health-minded, simple food that confounds expectations, the stuff of communal feasts and solo dinners alike. Zdesar's Chotto Matte experience is designed for big groups sharing big nights fuelled by exciting food, but many of the dishes can easily be recreated in the quiet of a home kitchen. True to its humble roots, simplicity and accessibility are at the heart of Nikkei. This is homecooking for hustlers and freewheelers, the irrepressible and the bold, the lovers of the good things in life.

Barrón treats each Nikkei dish as a single chapter in a biography of a living, breathing cuisine, each helping shape and define its adventurous character.

But more than just a story, she says, it's a thrilling ride. In that glittering review from over 20 years ago, Reichl was perhaps describing all of Nikkei, in that promise of something wonderful always on the horizon.





05
NIKKEI ROAST CHICKEN

by Jordan Sclare

INGREDIENTS (SERVES 3)
- Whole chicken
- Coriander, small bunch
- Spanish onion, ½ large, peeled
- Garlic, 4 cloves
- Zest of a lemon
- Ginger, 1tsp, grated
- Pisco, 45ml
- Oregano, 5 pinches
- Quinoa, 200g, pre-cooked

1\ Wash the chicken, then blend all the remaining ingredients, except the quinoa. This is a far-flung cry from your Sunday dinner.
2\ Rub the blend all over the chicken, including inside the cavity. Let it marinate in the fridge for 12 hours.
3\ Roast the chicken at 150°C until cooked through.
4\ Cut the chicken into eight pieces and serve on top of the cooked quinoa.



Join us and See your Dreams Become Reality: Own the Vineyard that makes the Wine you Love



Alpasión was established by a group of friends who one day (over several bottles of wine) decided to make a dream come true, own our own vineyard, make our own wine, have lovely place to meet once a year and leave a legacy for generations to come…

With that idea in mind we purchased 85 ha of land in the Uco Valley in Mendoza which sits at the foothill of the Andes Mountains and is well known for its beauty and concentration of top of the line wineries and vineyards.

60 ha have been planted with vines and alongside it we built a stylish high end yet cozy Lodge. The Lodge includes 6 rooms, a wine cellar, and a pool, Jacuzzi and a place to make "asados" (the typical Argentinean BBQ) and a roof terrace to enjoy an afternoon drink overlooking the beautiful Andes. Future plans include a tasting room where guests and tourists will be able to stop by to taste a variety of different wines, and a winery with enough capacity to produce 600,000 liters of top quality wine.

Alpasión currently produces 2 types of wine: a pure Malbec that is aged for at least 10 months in French oak barrels, and a blend called "Private Selection" which is aged for at least 18 months in French oak barrels.

The Alpasión Malbec 2011 was awarded 90 Parker Points and the Alpasión Malbec 2012 was awarded a Gold Medal by Decanter. We currently export to the US, Netherlands, Russia, the Caribbean, Bermuda, and Singapore. Alpasión will also be available in the UK in April 2015.

The label features the fingerprints and handwritten names of all the owners, especially designed this way to graphically convey that it is a highly personal, hands-on project, driven by passion and quality. Passion is in fact so central to the whole project we called our inaugural release "Alpasión" a combination of the Spanish "alma" (for soul) and "pasión" (for passion).

We are still welcoming friends into the project, likeminded people that share our vision and passion for life and good wine.





For information on our wines or to inquire on investment opportunities please contact:
Gabriela Soto
Tel: +1 305 815 4896 E-mail: g.soto@alpasion.com

To reserve rooms at the Lodge please visit our website www.alpasion.com or email us at reservations@alpasion.com

Alpasión

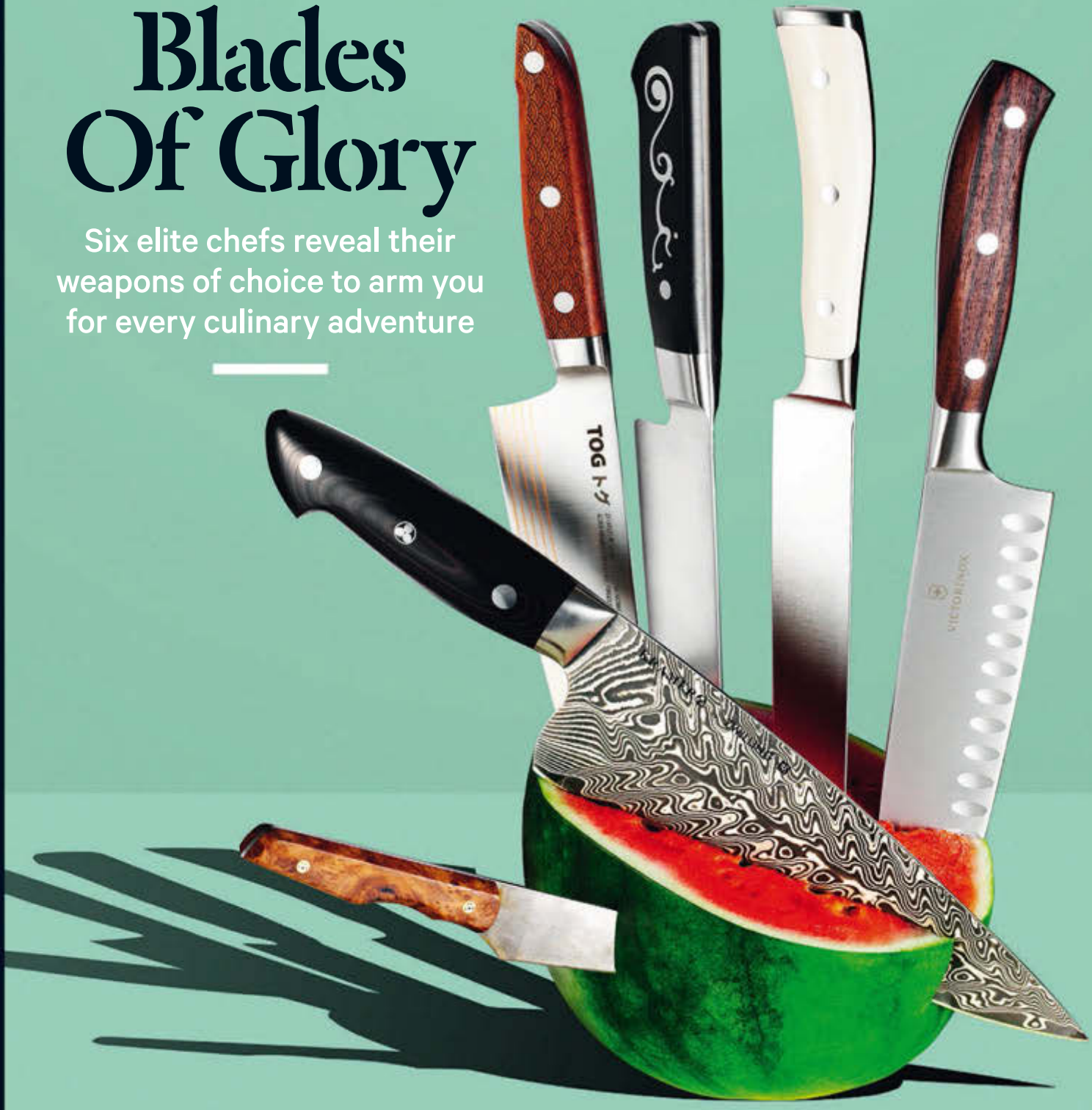
Wisdom From Beyond The Pass

Connoisseur

Chef Talk 70 / Bargain Tasting Notes 72 / Clean Dining 77 /

Blades Of Glory

Six elite chefs reveal their weapons of choice to arm you for every culinary adventure



Photography by Jobe Lawrenson

The Cutting Edge



01\
Cut To Measure
Blok Paring Knife £140

"Our knives are made just for us by a real artisan, Ben Edmonds. He uses carbon steel for the blade and wood that's vacuum-sealed with resin for the base. The roundness of the handle and elegance of the pinpoint are made to measure, not cumbersome like some other knives. The quality is in tune with how I try to source our food and décor."

By Sat Bains, chef proprietor of Restaurant Sat Bains

02\
Delicate Precision
Tog Chef's Knife £150

"When I started cooking carbon knives were all the rage, but they fell out of favour because they stained acidic foods. But the mix of steel and carbon in Tog blades is ideal and the copper beads running through them are anti-microbial. I'm delicate when it comes to knives; I let the blade do the work rather than put a lot of bodyweight or force into it. Chefs guard their knives with their lives – no one touches my Togs in the restaurant."

By Anthony Demetre, chef patron of Arbutus, Les Deux Salons and Wild Honey

03\
Personal Touch
Victorinox
Santoku Knife £96

"Whether it be at home or in the Odette's kitchen, I always use Victorinox rosewood handle knives. I like the balance, the craftsmanship, and how they feel almost bespoke – as a chef, I hold a knife for hours every day, and these mould to your hand over time. I can't cook without them."

By Bryn Williams, chef patron of Odette's



"You don't need 20 blades for different jobs. Just invest in one good knife"

04\
Dependable Blade
Wüsthof Carving Knife £117

"Wüsthofs are extremely hardy and have found favour in recent years because of the quantity of vegetables we deal with. I do have a pair of special, low-carbon Japanese knives too: good for cooking demonstrations, but not what you want for a bag of onions. They need sharpening a lot. But the Wüsthof is a workhorse – and it can handle a bit of bone quite easily, too."
By Vivek Singh, chef proprietor of The Cinnamon Club and Cinnamon Kitchen

05\
All-Purpose Edge
IO Shen Slicer £78

"The IO Shen Sahm Khom slicer and chef's knife cover pretty much every requirement. The same knives serve me in a professional environment and at home too. You don't need 20 blades for different jobs. Most of the people I know who aren't professional cooks have terrible knives. Throw them all away and invest in one good one."
By Sabrina Ghayour, chef and author of Persiana: Recipes from the Middle East

06\
Everyday Sharpness
Kramer by Zwilling Chef's Knife £250

"I favour Kramer by Zwilling knives. The pattern on each one is completely unique – a nod to the craftsmanship in the city of Seki, which has been at the centre of Japanese sword and knife making since the 14th century. The entire blade length can be used for cutting, so it's great for both butchery and portioning cooked meat, plus the rounded, polished handles mean you can use it all day long."
By Richard Turner, director of Pitt Cue Co and executive chef at Hawksmoor

A Drink With... Mark Sargeant

The man who earned Claridge's its Michelin Star knows a thing or two about impeccable dishes. Here he talks rules, indulgences and the lasting influence of his hero

When Marco Pierre White came along, he grabbed everyone by the balls. He looked cool as fuck. He was a *real* man. As a young cook, I was obsessed. I grew my hair like him, wore the blue apron, started shouting the odds the whole time. But in reality I knew nothing. I was trying to emulate my hero without knowing what I was doing.

I remember the first time I'd ever had an amuse-bouche was at Harveys when Marco was in the kitchen. A spoonful of potato mousseline with a slice of black pudding and a trickle of madeira sauce. Then I had the famous tagliatelle of oysters and the pig's trotters 'Pierre Koffmann'. I remember thinking it was the most amazing thing I'd ever eaten. My memory of Marco is trapped in that whole *White Heat* era of 25 years ago. Every chef of my generation was inspired by him.

The most important skill you can have as a cook is a palate. But you have to earn it. I had pretty good knife skills when I was 14 years old but I didn't get my palate until I was 26 or 27.

Cooking is about levels and textures. Taste what you're cooking. Think: should I add a little more salt, a squeeze of lemon juice, maybe a little butter? If something is too rich, adding sherry vinegar, anything with acidity, will help lift it. But you have to have the flavour in your head already to understand how you're going to get there.

I have rules at breakfast. If it's just bacon and eggs, I don't have any sauce at all. If there's a sausage involved, I will add some HP. Never ketchup. That said, you can only use Heinz ketchup when making Marie Rose sauce. There's no substitute. You need the sweetness.

Watching Gordon Ramsay cook could be mind-blowing. I worked side by side with him on the sauce section for three years, and technically he was amazing. He was great with young chefs: encouraging them, pushing them, willing them to learn and be better. Inside he's a wonderful guy. We don't talk now. Can't remember why. He might be a different person to the one I used to know.

If there's one thing I've brought into the home from my time in professional kitchens, it's waste management. I don't let my wife put the shopping away. In fact, I don't let my wife do the shopping. She doesn't do stock rotation, doesn't clean the fridge out. All these things you learn as a chef make cooking at home infinitely tastier and cheaper. She seasons beautifully though.

Broccoli stalks are uncelebrated gems. Make sure you buy a head of broccoli with a long stem. Cut it off and then peel it down to the white root. It has the texture of water chestnut. Absolutely delicious in stir-fries. See? No waste.

You can shop well in supermarkets if you use your head. Look for the stamps – Red Tractor, Soil Association – they are your reassurance. And buy the regional lines, local if possible. Asparagus from Peru in November doesn't taste nice. British asparagus in June is delicious. You make hay when the sun shines. That's not to say organic necessarily means quality. It's a grey area. This wine we're drinking right now isn't organic but it tastes bloody amazing, doesn't it?

CHEF PROFILE
Mark Sargeant worked as sous chef at Restaurant Gordon Ramsay for three years, then head chef at Claridge's for seven. He is now a consultant, restaurateur and food writer

When it comes to wine, I can be a price whore. I'll look at the wine list, see one I know, see that it's expensive, then say yes, I'll buy it. That said, if there's a 2006 Roussillon for £30 on the list, I'll have it. The Languedoc used to be known as the larder of France because it would supply the grapes for the likes of Burgundy, Bordeaux, all the major names. When I'm cooking at home, I'll drink a £4.99 Beaujolais for the same reason.

Scrambled eggs should be wet. Take three eggs and use a fork, not a whisk. You don't want the white and the yolk to be completely integrated. Season with pepper, not salt – salt will change their colour and composition. Put your eggs and a big slab of butter into a cold pan at the same time and heat gently. If you throw the eggs into hot butter, you just ruin the texture. Remember, you're not frying here. After a few minutes, stir in some more cold butter to finish. Good scrambled eggs should be lumps of egg bound together in a beautiful creamy egg sauce, like a thick hollandaise.

I could whip up a brilliant meal in 15 minutes that it would take you well over an hour to make. And the kitchen would be spotless, too.

Mark Sargeant is the owner of Rocksalt, the acclaimed harbour-front restaurant in Kent rocksaltfolkestone.co.uk



Interview by Toby Wiseman
Portrait by Julian Benjamin



Best Wines Under £50

You don't have to uncork an ISA to open up your cellar. These are the finest liquid investments for less than a couple of rounds. Who's buying?

Words by Mina Holland | Photography by Pavel Dornak



01\
Champagne Lenoble Brut Nature
With green apple and biscuit notes and no added sugar, this is dry, crisp and zingy. An ideal partner for seafood.
£30 thewinereserve.co.uk



02\
Domaine Gauby
Made in the Pyrenees on limestone chalk, this is a good white for rich meat with great ageing potential.
£19 bbr.com



03\
Nyetimber Classic Cuvee 2009
An East Sussex blend of the three classic champagne grapes: chardonnay, pinot noir and pinot meunier. Best of British.
£36 majestic.co.uk



04\
Masi Classico Costasera Amarone 2008
Amarone grapes are dried on bamboo racks before a long fermentation. This wine is full-bodied and intensely mature.
£30 majestic.co.uk



05\
Casa Coste Piane Prosecco
This natural, mineral, less-sherbety fizz is extra dry, unfiltered and with notes of apple and preserved lemon.
£18.50 ottolenghi.co.uk



06\
Donati Camillo Lambrusco Rosso
Like Matthew McConaughey's career, lambrusco is enjoying a renaissance. A burnt orange colour, this biodynamic wine has a dry, earthy sweetness like sour cherries. Excellent with cold cuts.
£14.50 highburyvintners.co.uk



07\
Massaya Classic 2011
A Lebanese gem. This gives Levantine character to the classic grapes of southern France. Killer with kebabs.
£14 bbr.com



08\
Amanti del Vino Primitivo
Soft and warming with notes of liquorice and damsons. At this price, it's an ideal party wine, and easy to drink.
£7 tanners-wines.co.uk



09\
Dog Point Sauvignon Blanc
New Zealand sauv blanc has become omnipresent in the UK, but this one balances the usual intense grass and citric acidity with tropical fruit and a full body.
£22 majestic.co.uk



10\
Hacienda Don Hernan Gran Reserva 2006
Good rioja means vanilla, black cherries and tobacco smoke. This is from one of the region's best vintages in recent years, with 10 years of age on it to boot.
£16 nakedwines.com



11\
Champagne Bollinger Special Cuvee
You can't go wrong with a bottle of Bolly, and this latest non-vintage offering has aromas of roasted apples and peaches alongside toasty brioche notes.
£45 majestic.co.uk



12\
Penfolds Bin 51 Riesling 2011
Penfolds is best known for its reds, but this fine riesling has fresh notes of lime, kiwi and that familiar whiff of petrol.
£23.50 bbr.com



13\
Venezia Giulia Radikon Pinot Grigio 2011
Rust, rubber and wild strawberries – this natural pinot is as eccentric as it sounds.
£29 ottolenghi.co.uk



14\
Château du Coing de St Fiacre Muscadet Sèvre et Maine 2013
The classic seafood wine of the Loire valley is dry, delicious and fun.
£7 libertywine.co.uk



15\
Verdicchio dei Castelli di Jesi di Gino Fattoria San Lorenzo 2012
This unassuming white is subtle on the nose, aromatic and zesty in the mouth.
£13 ottolenghi.co.uk



16\
Felton Road Bannockburn Pinot Noir Central Otago 2012
A wine that sings of spring: energetic, ripe and earthy, with a savoury, long finish.
£38 bbr.com

PHOTOGRAPHY: PAVEL DORNAK AT HEARST STUDIOS



17\
Concha y Toro Don Melchor Cabernet Sauvignon 2009
Big, brash and exceptional with red meat.
£45 frazierswine.co.uk



18\
Miloš Stagnum 2006
From the Croatian vineyard where the *GoT* crew hang out. Leathery and fruity.
£36.50 pactaconnect.co.uk



19\
Au Bon Climat Chardonnay 2012
It's Californian, so predictably fresh and lively. Perfect with chicken (and a tan).
£25 majestic.co.uk



20\
Ladoix Bois De Gréchons 2009
This dry burgundy has a cold-stone-mouth feel and lemon verbena nose.
£35 bbr.co.uk



21\
Mazza Bastardo Rosé 2013
A big, sweet, blushing Australian rosé. Unexpectedly fresh and fruity.
£17.50 bbr.com



22\
Sotanum 2009
A knockout pure syrah from the Northern Rhone with notes of bramble, pepper and a long-lasting palate.
£42 bbr.com



23\
Moët & Chandon Brut Impérial Rosé 2006
Moët's pink sibling tastes of berries, hawthorn and a pinch of pepper.
£32 amazon.co.uk



24\
Vin de Pays du Gard Rouge, Roc d'Anglade 2010
Punchy syrah, grenache, cinsault and old-vine carignan from a maker who built his estate in the Languedoc from nothing.
£29 bbr.com



25\
Quinta dos Carvalhais Dão Colheita 2010
Black fruits and sweet spice combine in a great-value example of Portugal's punchy but delicate reds.
£9 tesco.com



26\
McWilliam's Elizabeth Semillon 2005
Absurdly good value for a 10-year-old wine. Complex interplay between limey fruit and toasty vanilla.
£12.50 majestic.co.uk



27\
Manzanilla la Gitana Hidalgo Sherry
The ideal aperitif, this saline, dry sherry is perfect with salted almonds and nibbles, come rain or shine.
£10 majestic.co.uk



28\
Pedroncelli Friends Red Sonoma County 2012
As its name suggests, this is a wine for good company, complete with a screw top for easy access (yes, we're thinking of barbecues). Rich, dark fruit – blueberries and blackberries – with a boost of mocha, too.
£10 amathusdrinks.com



29\
Ridge Lytton Springs 2012
This award-winning Cali zinfandel blend – deep, complex, handsome – needs to be tasted to be believed. It's a heartbreaker.
£32 majestic.co.uk



30\
Clos de Gat Har'el Syrah 2010
A peppery syrah with round, red fruit, lifted by a hit of 15% cabernet sauvignon.
£20 tanners-wines.co.uk



31\
Arbois Savagnin Domaine Tissot 2011
With oxidised flavours like sherry, this wine is brilliant after dinner, especially with a hard cheese such as comté.
£31 bbr.com



32\
Bodegas Bernabe Navarro, Tragolargo 2013
A juicy Monastrell sourced from old bush vines up in the mountains near Alicante.
£10 noblefineliquor.co.uk



33\
Viña Ardanza Reserva la Rioja Alta 2005
Produced from fruit exclusively grown on a 380-hectre bodega still owned by one of the Rioja region's founding families. Full, rich and very spicy.
£19.50 amazon.co.uk



34\
Penfolds Bin 28 Kalimna Shiraz
Dense and robust, yet refreshing. Flavours run the gamut, from milk chocolate to bone marrow.
£22 majestic.co.uk



35\
La Nine Minervois
If you ever wondered what a 'funky farmyard' taste is, look no further. A deep, confected character like burnt toffee and toasted nuts – infinitely moreish.
£16 agwines.com



36\
Le Stelle Vermentino di Sardegna
This fresh, famously unstuffy vermentino is a supportive backing singer to a pasta or seafood headliner.
£9 waitrosecellar.com



37\
Les Complices de Loire les Graviers Chinon
Full-flavoured (red fruit and grass), medium-bodied, lightly priced. A good introduction to Loire Valley reds.
£11 waitrosecellar.com



38\
Doña Paula Malbec
The best kind of weeknight wine: under a tenner, like velvet in the mouth and violets on the palate, and a happy accompaniment to dinner and a boxset.
£8 strictlywine.co.uk



39\
Les Vignes Herbels La Pointe Chenin 2008
This is a 'natural' (see p14) dry white that smells of wool and honey. Honestly.
£25 winebear.com



40\
Banyuls Cuvée Parcé Frères 2012
Drinks like a lightly fortified Port, so goes well with any chocolate desserts.
£18.95 bbr.com



41\
Vietti Moscato d'Asti
Made from specially selected Muscat grapes, this sweet Piedmont wine is a sociably quaffable 5.5% alcohol.
£19 robersonwine.com



42\
Mendel Unus 2011
A classically Argentine blend of malbec and cabernet sauvignon. Expect dark purple fruits, chocolate and tobacco.
£20 thewinesociety.com



43\
Demente Tupungato
A wine that comes complete with curious tasting notes, from 'Oscar Wilde in a glass' to 'Benylin, hospital corridors, figs and raisins.' Colour us intrigued.
£33 winedirect.co.uk



44\
Colome Torrontes 2014
A fresh, tropical and lightly perfumed companion for quinoa, fish and salads.
£10 winedirect.co.uk



45\
Camins del Priorat
A purple-hued, concentrated red blend. Big, aromatic, great with roast chicken.
£15.50 bottleapostle.com



46\
The Chocolate Block
Immensely indulgent, you'll feel treated by this iconic South African wine.
£20 waitrosecellar.com



47\
Quinta de la Erre Albarino 2013
A typically light-to-medium body, high acidity and glorious with seafood.
£13 bottleapostle.com



48\
Valfaccenda Roero Arneis
Made from a lesser-known Italian grape; enjoy this delicate wine with mild cheeses.
£20 noblefineliquor.co.uk



49\
Inniskillin Riesling Ice Wine 2012
The grapes are picked at the last possible moment. It is a dessert of its own.
£48 agwines.co.uk



50\
Hey Malbec! Matias Riccitelli
The oenophile's answer to X-Men. Black fruit and pepper combine in a dark malbec with lots of ageing potential. And worth buying for the label alone.
£12.50 corkingwines.co.uk

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The UK's 15 Healthiest Restaurants

Dining fine needn't be your passport to portliness. At these restaurants don't harbour reservations, just make them instead

Illustrations by Adam Nickel

No man alive is immune to the appeal of a triple-cooked chip. Sadly, the same can also be said of our waistlines. Good food and good physiques are rarely to be found at the same table and, first-world problem though it may be, this is the self-respecting gourmet's perennial conundrum.

Mercifully, restaurateurs are finally catching on. Whether it's 5:2-friendly menus, or a Sunday brunch that won't leave you in a French-toast coma until Tuesday, there's a restaurant out there to suit your lifestyle and nutritional foibles. These venues serve health food, sure, but with no sign of hessian throws and remedial teas.

Book in and order with impunity. Because no date will look at you twice if you "hold the carbs".





01 Ethos
London

Any healthy eatery with a Scotch egg on its website has us by the gullet, even if it happens to be an ersatz 'aloo' version. But that's what puts this vegetarian joint a notch above. Ethos uses the pricing concept made famous by Scandi favourite Tibits, letting you pile up your plate and pay by weight. Marble-topped tables heave with kimchi, seitan ribs and sweetcorn fritters. Flavour with a GSOH.
Signature dish Roast cauliflower with tahini elixir dressing. ethosfoods.com

02 Kitch
Canterbury

You can go for lunch, but it would be missing the point. Brunch is where it's at here. The emphasis is on local dishes – responsibly sourced, lovingly prepared – rather than healthy food for its own sake, which is why you'll find a full English alongside the kale and sundried tomato scramble. What they share is an abundance of flavour and a notable lack of refined ingredients. Kitch runs its own wholefood cookery classes too, so you'll be equipped come next Sunday.
Signature dish Full veggie with sweet potato falafel. kitchcafe.co.uk

GET A PIZZA THIS
You won't miss the meat feasts or Double Decadence at Manchester's Dough

03 Dough
Manchester

Yes, it's a pizza joint. But no, they don't do stuffed crusts. As its name suggests, Dough places as much emphasis on the base as the topping. While that means superlative 00 crusts for Neapolitan purists, there are also wholewheat and gluten-free options if you feel like reining in the indulgence a little. Regardless, this will be the healthiest meal you've ever had from a stone-baked oven.
Signature dish Dairy-free wild mushroom pizza. doughpizzakitchen.co.uk

04 Gardener's Cottage
Edinburgh

Located in a historic building at the foot of Edinburgh's iconic Calton Hill, this restaurant serves lunch à la carte while evening meals consist of an evolving set six-course menu, served at communal tables. Produce is exclusively seasonal Scottish, the style is French-informed, and the net result is very good.
Signature dish Grouse and kale (only in autumn though, obviously).
thegardenerscottage.co



05
Grain Store
London

The food at Bruno Loubet's outpost in the burgeoning Granary Square hub is much like the space it's served in: light, nourishing and wholly unexpected. Veg and herbs grown in Loubet's Skip Garden out back (you're in Hipsterville now) or foraged from around the country add an on-trend edge to both savoury dishes and the cocktail list. Grains, naturally, pulses and legumes abound, and attention is given to little-known superfoods (think seaweed, sprouted grains and pretty much anything fermented). You'll walk out feeling full yet light-footed, and not a little smug.
Signature dish Sprouting seeds and beans, miso aubergine and crispy citrus chicken skin. grainstore.com

06
Naturally Chinese
Brighton

Like your beef in black bean sauce without a side of MSG and a numbered menu? How modern! Naturally Chinese serves up homemade, gluten-free dim sum sans artificial flavour and colour enhancers. Ideal for those who want to have their congee and eat it.
Signature dish Stir-fried ho-fun with beef and beansprouts in soy sauce.
naturallychineserestaurant.co.uk

07
The Green Rocket Café
Bath

With influences from the Middle East, Asia and the Mediterranean on the menu of this award-winning independent vegetarian bistro, you'll soon forget there's no meat to be had. Yes, there's courgette spaghetti, but you'll also find bloody mary tomatoes on toast.
Signature dish Thali of palak mushrooms and chana masala.
thegreenrocket.co.uk

HIGH GLASS
The Good Life Eatery serves green juices in jam jars. Worthy? A bit. But well worth drinking

08
The Good Life Eatery
London

This bite-sized café is a small slice of green-hearted Manhattan slapped bang in the middle of Sloanesville. The exposed brick walls, chalkboard menus and coolie pendant shades are all there, and while the promise of spelt croissants and gluten-free granola may seem *de trop*, the food here is worth shouting about. Brunch is best, with the Skinny Eggs Benedict (their adjective) proving hollandaise needn't mean cheat days.
Signature dish Raw Rainbow Pad Thai.
goodlifeeatery.com

09
Café Pure
Cardiff

This 'fitness cafe' is the brainchild of two personal trainers fed up with the lack of choice for those wanting to eat lean on the go. The menu is unapologetically built for gym-going gourmets, with meals like the Paleo Hash and the Carb Cutter salad offering more refinement than their names suggest. Best of all, they offer bespoke, goal-driven meal planners for £100 a week. Café Pure takes thinking out of the nutritional equation but, crucially, it doesn't subtract taste.
Signature dish Sesame and sumac trout fillet with beetroot quinoa.
cafepure.co.uk



Gourmet on the go



For a healthy snack that combines premium flavour with maximum benefit, Men's Health Beef Jerky is the perfect gourmet takeaway. Made from 100% British and Irish silverside beef, smoked and marinated using only natural ingredients, herbs and spices, it's the ultimate bite for epicures on the move

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10
Nama Foods
London

The meat-free, dairy-free, gluten-free fare at Nama – which it describes as "artisan raw food" – might sound, on the face of it, about as exciting as a hand-carved parsnip. *Fun*-free, you could say. But the pan-continental menu here is inventive, generous and, crucially, flavoursome. Oh, and they serve alcohol too (organic, obviously). If you like your courgette and walnut-base 'pizza' with a Freedom lager, this is for you.
Signature dish Kohlrabi ravioli with nut 'cheese'. namafoods.com

11
Friska Food
Bristol

Ethics go right to the core here, with all the food made using renewable electricity, zero waste to landfill and partnerships with two global charities. But there's nothing preachy about it. The healthy food is a mix of grab-and-go favourites with influences from Morocco, Asia and the deep South, and the coffee – single origin – is worth the visit alone.
Signature dish Butternut and black bean dopiaza. friskafood.com

12
The Duke of Cambridge
London

Islington locals may well be familiar with The Duke and its claim to be the UK's first (and only) certified organic pub, but last year it reinforced its credentials by joining forces with Riverford organic farms (of veg box fame). The result is the kind of multitasking that we can firmly get behind. With a menu that takes in British, Italian and North African influences, organic beers and biodynamic wines, all housed in an idyllic Victorian pub setting, this is all about Sunday indulgence with a conscience.
Signature dish Roasted ray wing with purple sprouting broccoli.
dukeorganic.co.uk

ETHICAL PUB GRUB
The Duke of Cambridge cuts a fair deal for suppliers, customers, the planet (and you)



13
Urban Angel
Edinburgh

Every man knows breakfast is the most important meal of the day, and the people at Urban Angel clearly concur – they serve brunch until 5pm. The wholesome menu wears its health credentials lightly. This is fresh, nuanced fare that reflects its Scottish heritage – think oatmeal porridge with goji berries and Arbroath Smokies with poached eggs. Provenance takes precedence all round, even down to the local beers.
Signature dish Venison burger with juniper berry mayo. urban-angel.co.uk

14
Colmans Fish & Chips
South Shields

A chippy might not be the obvious place to go in search of your five-a-day, but this is not your average fryer's delight. Colmans' ethical policy is second to none: cod is sustainably sourced, they eschew hydrogenated fats, generate their own solar power, and waste oil is recycled into biofuel. It may have been around for 90 years but it's a resolutely modern enterprise. Oh, and the last Monday of each month is Gluten-Free Day.
Signature dish Hake, chips and mushy peas (what else?).
colmansfishandchips.com

15
M
London

This newcomer to the City is really two restaurants in one. Red-blooded males will relish M Grill with its unimpeachable offering of steaks (owner Martin Williams was formerly MD of Gaucho), from USDA Angus rib-eyes to Blackmore Wagyu. Fancy something lighter? M Raw excels at sashimi, tiradito and cold-pressed juices. In short, you've got the finest proteins from land and sea for a gourmet fix whether it's legs day or cheat day.
Signature dish Tajima-Gyu Kobe fillet.
mrestaurants.co.uk



CHEF PROFILE
Fergus Henderson, pioneer of nose-to-tail eating, put offal and bone marrow back on the menu with St John, arguably the UK's most influential restaurant

Home Cooking

Fergus Henderson may have left the professional stove, but the kitchen is still the beating heart of his home

"Our kitchen is not a practical room. But the table sitting in the middle 01 brings together all the diverse implements that inhabit the surrounding benches. It's a bit like having your supper in an Imax cinema, so to speak. It's the focus of the room, the thing around which all else revolves.

The intention was to recreate an old villa kitchen just outside Lucca in Tuscany. Not an easy job in a basement kitchen in south London, admittedly, but I think you can glean a faint musk of Italy from it.

The room is full of oddities, I suppose 02. My mum was once rumbled by someone working in E Dehillerin, the fantastic kitchen shop near Les Halles in Paris. He said to her, "I bet I know what you are doing here madam. Your son is a chef and you are looking for some strange kitchen implement he has never seen." "Oui!" she said. "How did you know?" He replied that the shop was pretty much kept afloat by chefs' mothers buying unusual utensils. After you've had them in your kitchen for a while they don't seem that strange anymore. Maybe one's cooking adapts to the implement.

My most treasured object in the kitchen is actually not a cooking tool but a papier-mâché copy of an Aztec head I made at school 03. This is closely followed by my spurtle collection 04. I'm usually in the Hebrides for my birthday and the location means that gifts are limited. Consequently, most years I am given a spurtle – a long wooden implement used by Scots to stop their porridge congealing. Also dear to me are two Georgian bone marrow spoons 05: very fine objects sitting dormant, but magnificent when in use.

It goes without saying that where there is food there is drink. Boulevard Napoleon 06 is a lovely drop made by Trevor [Gulliver, co-owner of St John] and myself in our winery in the Minervois. It is never far from the kitchen table. Then, to aid digestion, there is always a brandy called La Vieille Prune from Souillac 07. To my mind, it's absolutely essential."

Portrait by Julian Benjamin

THERE'S BEEF.
THERE'S SCOTTISH BEEF.
THEN THERE'S **SCOTCH BEEF.**







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